



Girls Standing Strong

Length of Course: 9 weeks starting in May 2019

Age: Girls between 7 and 17 years old

Location: Wanneroo (WREN)

The Women's Resource and Engagement Network (WREN) is thrilled to launch **"Girls Standing Strong"**, a FREE new early intervention 9 week program for young girls between the ages of 7 and 17 years old, that WREN will be hosting in its brand new training room located in Wanneroo.

WREN will be running two separate terms. Term one will start at the beginning of the school year in February 2019 and will be divided in two groups (7-11y.o. Saturday mornings and 12-17y.o. Wednesday evenings) for a total of 9 weeks. In February 2019, we will re-open referrals for Term two which will start at the beginning of May 2019 for another 9 weeks of unique educational, empowering and wellbeing sessions.

We are taking referrals for young girls who have experienced or witnessed Family and Domestic Violence, but no longer reside in a violent home. Young people who experience family violence are at much greater risk of physical, behavioral and mental health issues. Participating girls are required to be living in our geographical catchment area, which encompasses the City of Joondalup, the City of Stirling, the City of Wanneroo and the City of Swan.

Through our team of health and wellness specialists including a social worker, fitness, yoga and meditation instructors as well as provisionally registered psychologists in the ECU clinical psychology program, we offer a caring and supportive environment where the girls can express themselves, build confidence, resilience and self-esteem.

The Girls Standing Strong Program aims at helping girls build Strong Minds, Strong Bodies and Strong Hearts.

Activities include:

- Girl talk – topics such as friendships, anxiety and worry, bullying and self-awareness
- Mindfulness
- Guided meditation
- Dance/fitness
- Yoga
- Educational workshops on Family and Domestic Violence and Sexual Abuse for the older age group (12-17y.o.) covering topics such as safe and trusting relationships, warning signs, consent and where to go for support.
- Final Art session at the end of each term

All referrals to be emailed to: clientadvocate@nsclegal.org.au

For further information, contact Arielle Carignan-Perron on (08) 9306 8700