



Rage Workshop

This 6 session workshop is run by trained Youth Workers and Social Workers where young people learn strategies to manage emotions, build resilience, and how to cope with and control feelings of anger.

Employability Workshop

This 4 session workshop will allow Youth participants to gain knowledge, skills and resources that will enable them as individuals to find jobs more effectively in the future.



Girls Group



This 7 session workshop will focus on self-care, healthy relationships and consent, body positivity, time-management, personal hygiene, bullying, employment, resilience, and confidence.

Community First Step

Youth Workshops

For more information contact Terry Tierney via:

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Grasp Workshop

This 6 session interactive workshop is designed for young people, targeting those who have attempted, or at risk of attempting, suicide. Each session combines psycho-educational support with interactive activities to increase a student's quality of life and reduce the risk of suicide.

Mental Wellness Workshop

This 8 session workshop combines the educational aspects of what mental health is, with interactive activities designed to improve participants mental health and wellbeing.

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