

Teen Yoga and Mindfulness

These interactive group sessions incorporate movement, mindfulness and relaxation aiming to increase self-awareness, and share skills to reduce and manage stress and anxiety. Simple yoga sequences for beginners.

Group: Small to large groups

Gender-neutral or specific

Age: Grade 6 onwards

Time: Flexible as negotiated (30-60 minutes) one-off or ongoing sessions over a school term

Strong Girls

This fun and interactive small group activity involves creating art through body mapping. With a wellbeing focus, young people will be encouraged to creatively explore self-care strategies, self-confidence and connect with their personal strengths.

Group: Small group (8-10 participants)

Gender specific (girls)

Age: Grade 7 onwards

Time: Weekly sessions over a school term

We haven't forgotten about the boys! We are working on a boy's group to be available from Term 2 2020. For information, please contact us.

Health & Wellbeing

A girls-only art and activity-based program. This program explores and builds skills around self-esteem, confidence, anger, stress and relationships. Aims to boost protective factors and encourage healthy choices.

Group: Small group (8-12 participants)

Gender specific (girls)

Age: Grade 7-8

Time: Weekly sessions over a school term

DRUMBEAT

Using djembe drums, *Holyoake's DRUMBEAT* program is a fun way for young people to explore relationship issues and build resilience. No music skills required. This program aims to encourage young people to transfer lessons from the program into their everyday lives.

Group: Small group (up to 10 participants)

Gender-neutral or specific

Age: Grade 6 onwards

Time: Weekly sessions (45-60 minutes) over a school term

Get Active Program (GAP)

Aimed at developing confidence and building engagement in physical activity through positive risk taking, each week students try out different ways of being active as chosen by the group. Sessions include informal health education.

Group: Small group

Gender-specific (all girls/all boys)

Age: Grade 6 onwards

Time: 2 hour sessions over a school term

may require some internal budget for activities



Sexual health

Youth health nurses are available to provide sexual health education sessions. These sessions incorporate age appropriate activities to help young people understand their life stage and sexual development. Considerations include emotions, relationships and expectations. A chance to learn where help and support is available before it is needed.

Group: Whole-class approach

Age: Grade 7-12

Time: As negotiated

LOVE BiTES Junior - #friends

Developed by NAPCAN this whole-class program focuses on young people's friendships, peer groups and emerging relationships. #friends explores how social media can help or harm relationships. Using other young people's stories this program aims to increase knowledge around image sharing; responding to jealousy; and increase awareness of communication and power within friendships and relationships.

Group: Whole-class approach

Age: Grade 7-9

Time: 8 weeks; 50-60 minute sessions



GROUP PROGRAMS

We facilitate a range of group work and one-off education sessions, in partnership with schools and service providers.

All Youth Health North programs are evidence-based and utilise best practice methods from a range of theoretical backgrounds.

All programs are continually evaluated and improved whenever appropriate.

All group programs are free.

NEED SOMETHING ELSE?

We can work with you to meet any health and wellbeing needs relevant to the young people in your school, service or community.

Contact us to discuss any ideas or needs you might have.

WHO ARE WE?

Youth Health North is a team of youth-friendly Social Workers and Registered Nurses who work with young people aged 12-24 across Northern Tasmania.

Our team is available to provide counselling, social work and nursing services with both individuals and groups. Our focus is on health promotion and education.

There is no charge for our service.

CONTACT US

If you would like further information or to discuss a partnership to facilitate any programs, please contact the Youth Health North team.

Phone: (03) 6777 3006

Email: youthhealth.north@ths.tas.gov.au

Address: Ravenswood Community Health Centre, 39-41 Lambert St, Ravenswood

GROUP PROGRAMS

Youth Health North 2020



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