

**PROGRAM: Women's Group 2026****TIME: 1300 - 1500****DAY: Thursday****FACILITATOR: Nikki Day**

AIM: The Women's Group is a gender-based program. Women's Group will provide participants with the opportunity to explore gender related topics and issues that will help them grow as individuals. Women's Group will offer informative sessions where participants will engage in activities and discussions. The program will enhance participants life skills, independent living skills and overall health and wellbeing. Women's Group has been developed with focus on participants goals and aimed to include a broad range of topics and strategies to ultimately achieve participants goals.

GOALS: (Relates to NDIA goals of clients)

- Increased independence and daily life skills (money handling, communication, personal health)
- Fine and gross motor skills
- Emotional regulation
- Increased health and well-being
- Increased social and community participation

OUTCOMES:

- Increase confidence, self-esteem, self-worth, and self-awareness.
- Increase concentration and listening skills.
- Increase community connections and access.
- Participate with others in a group learning environment.
- The ability to engage safely in activities of participants choice.
- A sense of responsibility for personal health and wellbeing.
- A development of skills through processes.
- Increase coordination, dexterity, gross and fine motor skills.
- A sense of identity.
- Independent participation in a group environment.
- Budgeting and life skills.
- Habit and routine forming skills.
- Friendship and communication skills.
- Public speaking skills.
- Increase independence.
- Greater social and interactional skills.
- Development of independent living skills.

RESOURCES:

Journal	Photo frame
Play money	Chicken wire
Pens/pencils	Heshan
Water colour palette, water colour paper	Glue
Paint brushes	Tea cup and Saucer
Glass Bottles	Tin pots
Modge Podge	Succulents



❖ Please find attached Risk Assessment

WEEK	TOPIC	WHAT TO BRING	COST
Week 1 Date:08/01/26	Welcome Back Goal Setting for 2026	Water bottle	NIL
Week 2 Date:15/01/26	Emergency Plan	Water bottle	NIL
Week 3 Date:22/01/26	Glass bottle modge podge	Water bottle	NIL
Week 4 Date:29/01/26	Budgeting	Water bottle	NIL
Week 5 Date:05/02/26	STAFF TRAINING DAY		
Week 6 Date:12/02/26	Women's Health	Water bottle	NIL
Week 7 Date:19/02/26	Bird feeder	Water bottle	NIL
Week 8 Date:26/02/26	Budgeting	Water bottle	NIL
Week 9 Date:05/03/26	Healthy eating meal plan	Water bottle	NIL
Week 10 Date:12/03/26	Plants / Succulents	Water bottle	NIL
Week 11 Date:19/03/26	Photo frame with chicken wire	Water bottle	\$5
Week 12 Date:26/03/26	Budgeting	Water bottle	NIL