



PROGRAM: A Heart-Full Journey

TIME: 9:00am -11:00am

DAY: Friday

FACILITATOR: Holly-Lea Keding

AIM: To encourage a happier and healthier life. For participants to come away with the understanding that life isn't always roses and butterflies, the negative components are just as important. Equipping participants with the knowledge and tools to help participants float through their heavy and negative emotions, without believing they must be, do, think or feel a certain way. Giving participants a safe space to be completely 100% unapologetically themselves and to discover just who that is. A safe space to be able to share ideas, thoughts and feelings without worry of fear of judgement. To be receptive and more understanding of different experiences and situations. To educate the importance of self-care and the benefits that come from enhancing well-being. To educate with the knowledge to help regulate emotions. To develop more of a sense of self-worth, self-awareness and a better understanding of the way their minds work. To become more aware of their triggers to de-escalate, cultivating a calmer outcome in difficult situations. To respond rather than react.

GOALS: (Relates to NDIA goals of clients)

- To be able to continue engaging with people as I don't have many friends, and to build positive, age-appropriate relationships with others.
- To increase my independence and exercise tolerance to access the community and independently complete activities of daily living without assistance or redirection.
- To develop my independent living skills to maintain my own home and become more independent with personal/self-care.
- To learn to regulate my emotions and behaviours so I can participate in community activities with others and improve my mental health.
- To develop my coordination, physical strength, attention, and concentration so that I can actively participate in activities and remain focused when learning new tasks.
- To develop my self-awareness, understanding of personal safety, and self-confidence so that I can safely participate in social and recreational activities and lessen my vulnerability.

OUTCOMES:

- Increase resilience
- Friendship building
- Mindful life skills
- Develop self-awareness
- Increase independent and team building strategies
- To respond in turbulent times, rather than react
- Equip participants with the knowledge and tools to encourage better mental health's
- Increase overall good feelings
- Acceptance of negative feelings
- Acceptance of themselves, negative feelings and all
- Participants discovering parts of who they are before the world told them or they thought they had to be a certain way



| RESOURCES: | |
|-------------------------------------|---------------------------|
| Affirmation cards | Chakra information |
| Electrical device | Canvas's |
| Internet (youtube or google mostly) | Music for dance |
| Paper | Chakra meditations |
| Paints | Mindfulness print outs |
| Colouring in pens and pencils | Emotional check in sheets |
| Card stock | Learnt knowledge |

| WEEK | TOPIC | WHAT TO BRING | COST |
|---|--------------------------------|--|------|
| WEEK 13 DATE: 03/04/26 | GOOD FRIDAY | | |
| WEEK 14 DATE: 10/04/26 | Cont. Vision Boards | Healthy morning tea (eg. yoghurt, fruit, carrot, cucumber, vegetables, eggs) | \$5 |
| WEEK 15 DATE: 17/04/26 | Aromatherapy/Essential Oils | Healthy morning tea (eg. yoghurt, fruit, carrot, cucumber, vegetables, eggs) | \$5 |
| WEEK 16 DATE: 24/04/26 | Anzac Day Theme | Healthy morning tea (eg. yoghurt, fruit, carrot, cucumber, vegetables, eggs) | \$5 |
| WEEK 17 DATE: 01/05/26 | Room Spray with Essential Oils | Healthy morning tea (eg. yoghurt, fruit, carrot, cucumber, vegetables, eggs) | \$5 |
| WEEK 18 DATE: 08/05/26 | Gratitude | Healthy morning tea (eg. yoghurt, fruit, carrot, cucumber, vegetables, eggs) | \$5 |
| WEEK 19 DATE: 15/05/26 | Chair Yoga | Healthy morning tea (eg. yoghurt, fruit, carrot, cucumber, vegetables, eggs) | \$5 |
| WEEK 20 DATE: 22/05/26 | Nature Trip | Healthy morning tea (eg. yoghurt, fruit, carrot, cucumber, vegetables, eggs) | \$5 |
| WEEK 21 DATE: 29/05/26 | Nature Collage | Healthy morning tea (eg. yoghurt, fruit, carrot, cucumber, vegetables, eggs) | \$5 |
| WEEK 22 DATE: 05/06/26 | Music & Sound | Healthy morning tea (eg. yoghurt, fruit, carrot, cucumber, vegetables, eggs) | \$5 |
| WEEK 23 DATE: 12/06/26 | Macrame Necklace | Healthy morning tea (eg. yoghurt, fruit, carrot, cucumber, vegetables, eggs) | \$5 |
| WEEK 24 DATE: 19/06/26 | Macrame Necklace Cont. | Healthy morning tea (eg. yoghurt, fruit, carrot, cucumber, vegetables, eggs) | \$5 |