



**PROGRAM: Women's Group**

**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
<b>Week 1</b> <b>Date:02/04/26</b>	Easter Craft	Water bottle	\$5
<b>Week 2</b> <b>Date:09/04/26</b>	Wire Photo frame sun catcher	Water bottle	NIL
<b>Week 3</b> <b>Date:16/04/26</b>	Wire Photo frame sun catcher	Water bottle	NIL
<b>Week 4</b> <b>Date:23/04/26</b>	Budgeting	Water bottle	NIL
<b>Week 5</b> <b>Date:30/04/26</b>	Succulent tin	Water bottle	NIL
<b>Week 6</b> <b>Date:07/05/26</b>	Mother's Day wax candle	Water bottle	NIL
<b>Week 7</b> <b>Date:14/05/26</b>	Town Library reading activities	Water bottle	NIL
<b>Week 8</b> <b>Date:21/05/26</b>	Money – Role play	Water bottle	NIL
<b>Week 9</b> <b>Date:</b> <b>28/05/26</b>	Glass Bottle Modge Podge	Water bottle	NIL
<b>Week 9</b> <b>Date:04/06/26</b>	Self-care, decluttering check in, self-awareness.	Water bottle	NIL
<b>Week 10</b> <b>Date:11/06/26</b>	Macrame, spoon attachment on bird feeders.	Water bottle, hat	NIL
<b>Week 11</b> <b>Date:18/06/26</b>	Botanic Gardens scavenger hut	Water bottle	\$5
<b>Week 12</b> <b>Date:25/06/26</b>	Budgeting / money	Water bottle	NIL