



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
Week 1 Date:02/07/26	Library – Community Access/Reading Skills	Water bottle	NIL
Week 2 Date:09/07/26	Complete succulent tins	Water bottle	NIL
Week 3 Date:16/07/26	Botanic Gardens – Drama	Water bottle	NIL
Week 4 Date:23/07/26	Budgeting	Water bottle	NIL
Week 5 Date:30/07/26	Plan and draw wool picture	Water bottle	NIL
Week 6 Date: 06/08/26	Self-Care – Self Awareness and Hygiene	Water bottle	NIL
Week 7 Date: 13/08/26	Tin/Glass Bottle Mog Pog	Water bottle	NIL
Week 8 Date:20/08/26	Life Skills Planning – How to declutter one room at a time	Water bottle	NIL
Week 9 Date: 27/08/26	Budgeting / money	Water bottle	NIL
Week 10 Date:03/09/26	Continue Wool Picture	Water bottle	NIL
Week 11 Date:10/09/26	Life Skills – How to break down given tasks	Water bottle, hat	NIL
Week 12 Date:17/09/26	Continue Wool Picture	Water bottle	NIL
Week 13 Date:24/09/26	Budgeting / money	Water bottle	NIL