



## DETAILS

**Who:** 14-17 year olds

**When:** Two workshops per school term.  
10am - 2:30pm

**Where:** 152-156 Wellington St Collingwood  
VIC 3066

**Cost:** FREE

Grounded provides an opportunity to explore what young people want from life and set meaningful goals. It supports young people who are boundary pushers and risk takers; or those that are disconnecting socially or from school.

The Grounded workshop creates a space for participants to express themselves honestly, unfiltered, without judgement while developing a greater social and emotional awareness.

## CONTENT

While every young person has inherent strengths and potential, not every young person recognises these traits for themselves. The Grounded workshop series strives to allow participants to see their strengths and develop pathways to achieve their potential.

### Grounded Workshop Series

Consisting of two workshops, the first in the series creates a safe space for young people to identify and challenge the influences in their lives and the beliefs that can limit their self-confidence.

The second workshop in the series explores judgement and aims to empower young people to connect to their strengths, purpose and potential in order to set positive goals for the future.

## WELLBEING SUPPORT FRAMEWORK

Underpinning the design and delivery of all workshops is a framework of professional wellbeing support, to ensure emotional safety of all participants.

Young people are supported by trained crew and wellbeing professionals in all Reach workshops. Due to the nature of workshops all enrolments of young people are reviewed. This may include a direct call to the young person's guardian.

## DATES

### Term 2

**Workshop 1: 12 May**

**Workshop 2: 26 May**

# REACH

**ALI VALADEZ**  
Community Programs Manager  
[ali.valadez@reach.org.au](mailto:ali.valadez@reach.org.au)  
03 9412 0917

Get in touch with  
the team to book!