

YOUTH SUPPORT

Course Name/Description	Venue/Date/Time	Cost/Contact
<p>Youth Group An eight week program for 12 – 16 year olds, offering support to survivors of sexual abuse.</p>	<p>The Canberra Rape Crisis Centre Thursdays 3 May 4.30 – 6.30pm</p>	<p>Free Canberra Rape Crisis Centre Ph: 6247 2525</p>
<p>Messengers Youth Arts Program <i>Messengers</i> is a youth arts program for high school students recognised to be at-risk or disadvantaged. Artistic workshops provide participants with opportunities for creative expression and personal development through visual art, drama, dance, music and film-making.</p> <p>Participants work with artists (in the role of tutors) and members of their peer group to create work which is relevant to them. The program utilises artistic expression as a tool in building resilience in young people. We provide a creative, safe and inclusive environment for young people to explore contemporary youth issues. The participants have access to professional tutors, a youth worker, counsellor and youth mentor who encourage them to develop their creative, social and personal skills. The Comedy Program is run by a stand-up comedian.</p> <p>Referrals to the Messengers Program are generally made through school youth workers or youth support organisations but can be made privately.</p>	<p>Various locations across Canberra Dates and times TBA</p>	<p>Free Tuggeranong Arts Centre Ariel Ford Ph: 6293 2212 Mob: 0457 901 064 messengers@tuggeranongarts.com nongarts.com</p>
<p>Lanyon Youth Centre - Activities Drop in for activities, free pool, computer/internet access, information and referral and emergency relief.</p>	<p>MURA Lanyon Youth and Community Centre, Sidney Nolan St, Conder Mon - Thurs 3 – 6pm Fridays 3 – 9pm During school terms</p>	<p>YWCA Rolf Ph: 6294 4633</p>
<p>MURA Interactive Learning Centre MILC An eight week skill building workshop for young people looking to enter employment in office administration or wanting to increase their computer and communication skills. The workshop covers: Basic/Intermediate Word, Basic Excel, Basic PowerPoint, Microsoft Outlook, Resume Writing/Selection Criteria, Interview Skills/ How to make a lasting Impression. Free childcare available.</p>	<p>MURA Lanyon Youth and Community Centre, Sidney Nolan St, Conder Dates and times TBA</p>	<p>YWCA Claudia Ph: 6294 4633</p>

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The Ark A fun and educational after school program for high school and college students with a diagnosed disability.	Noah's Ark Resource Centre Bangalay Cres, Rivett Monday - Friday, 3 – 6pm During school terms	\$22 per session attracts CCB Jen Brennan Ph: 6287 1117
Barnardos Young Mum's Group A support group for young mothers and their children. Free lunch provided. Run by Schools as Communities and Barnardos.	SACC Centre Queanbeyan Primary School, Isabella St Wednesdays 12.30 – 2.30pm During school terms	Free Queanbeyan Barnardos Ph: 6124 3800 Schools as Communities Ph: 6297 2167
Act Playgroup for Parents 25 Years and Under. A social arena for parents and their young children to informally meet other young parents and their children. Morning tea provided.	Youth in the City level 1 Cnr Scotts Crossing and Cooyong St, Civic Dates and times TBA	Free Youth in the City Emma Ph: 6232 2411 youth@anglicarecg.org.au .au
STEPS Program The STEPS program aims to educate and support young pregnant and parenting women (13-25) to enhance their health and well-being. The program provides information and support through a series of weekly workshops on: Community and Social Connections, Health and Well-being, Positive Parenting and Healthy Relationships. STEPS can provide additional support through case management.	YMCA MURA Lanyon Youth and Community Centre Commencing 7 Feb Tuesdays 10.30am – 2pm Free lunch and childcare Transport provided on needs basis.	Free YWCA of Canberra Claudia – Mon -Thu Ph: 6294 4633 0417 459 297 claudia.lopez@ywca-canberra.org.au
Bungee Program - Recreational and Creative After School Classes Bungee is an inclusive, arts-based resilience program to enhance mental health and well-being in children and young people. We offer creative after school activities such as circus, dance, acting, expressive art, music, drum making, sculpting and jewellery making. The activities are specially tailored to suit children and young people experiencing mental health difficulties. We welcome all participants who would benefit from such activities. Bookings essential.	Belconnen Community Centre Chandler St, Belconnen Mon, Tue, Wed and Thur 4 – 6pm MURA Lanyon Youth Centre Tue and Thur 4 – 6pm Tuggeranong Child and Family Centre Classes for children with anxieties Thursdays 1.30 – 3pm Ongoing, please call for dates	\$30, \$20 concession per term (9 sessions) negotiable Bungee Program Susan Pfanner or Roger Webber Ph: 6264 0232 bungee@bcsact.com.au www.bcsact.com.au

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U-Turn – Individual Support U-Turn Youth Services supports young people aged twelve to twenty five years through information, referral, advocacy, emergency relief and case-management. U-Turn Youth Services has a team of qualified youth workers that can assist with a large range of issues. Appointments are not necessary so pop in today.	U-Turn Youth Services Cnr Chandler St & Swanson Crt, Belconnen Mon-Fri 10am – 6pm	FREE U-Turn Youth Services Ph: 6264 0260 uturn@bcsact.com.au www.bcsact.com.au
U-Turn Road Ready Course U-Turn runs a free Road Ready course for young people under twenty five years who are eligible to obtain their learner drivers licence. Runs for five consecutive Thursdays. Bookings essential.	U-Turn Youth Services Cnr Chandler St and Swanson Crt, Belconnen Dates TBA	Free U-Turn Youth Services Ph: 6264 0260 uturn@bcsact.com.au www.bcsact.com.au
U-Turn School Holiday Program A variety of special events during the school holidays. Activities include excursions to local attractions, competitions and games.	U-Turn Youth Services Cnr Chandler St and Swanson Crt, Belconnen Dates and times TBA During school holidays	Free activities excursions at reduced prices U-Turn Youth Services Ph: 6264 0260 uturn@bcsact.com.au www.bcsact.com.au
Bit Bent - Belconnen A social support group for same - sex - attracted young people aged twelve to twenty five years. The group is a great place to meet other young people and get support and information.	U-Turn Youth Services Cnr Chandler St and Swanson Crt, Belconnen Mondays 6 – 8pm (except for Public Holidays)	Free U-Turn Youth Services Ph: 6264 0260 bit_bent@hotmail.com
Certificate II in Access 10 An alternative Year 10 course which provides for the needs of learners by delivering accredited, flexible learning units with tutorial assistance from a teacher. The course provides a solid base in key subject areas and a range of learning opportunities for further study and training.	CIT Bruce Campus and Southside (Phillip) Campus Tuggeranong Learning Centre and Gungahlin Learning Centre Date and times TBA	General CIT fees Concessions available CIT Vocational College Ph: 6207 4800 Cit.vocational.college@cit.act.edu.au
ACT Year 12 Provides for the needs of learners by: <ul style="list-style-type: none"> • building learning skills and confidence for work and further study, • achieving or improving a Year 12 Certificate, • gaining an ATAR for university entry or a start on a vocational pathway. 	CIT Bruce Campus Dates and times TBA	General CIT fees Concessions available CIT Vocational College Ph: 6207 4800 Cit.vocational.college@cit.act.edu.au

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CIT Vocational Year 12 A special Year 12 for young people who are motivated to begin training in their chosen career at the same time as achieving an ACT Year 12 Certificate.	CIT Campuses (primarily Bruce) Dates and times TBA	General CIT fees Concessions available CIT Vocational College Ph: 6207 4800 Cit.vocational.college@cit.act.edu.au
CDTeens An energetic, fun and funky dance class for teenagers with special needs.	Canberra Dance Theatre Studio Childers St, next to the Street Theatre, City West Commences 18 Feb Saturdays 9am – 10am During school terms	\$10 per class discounts available Canberra Dance Theatre Ph: 0435 025 365 info@canberradancetheatre.org www.canberradancetheatre.org
Tween Moves A fun and creative dance class for eight to twelve year olds with special needs.	Canberra Dance Theatre Studio Childers St, next to the Street Theatre, City West 10.10 – 10.50am Commencing 18 Feb Saturdays During school terms Start any time during the term	\$10 per class Canberra Dance Theatre Ph:0435 025 365 info@canberradancetheatre.org www.canberradancetheatre.org