

The National Empowerment Project (NEP)



Cultural, Social and Emotional Wellbeing Program



Kwinana

This FREE program assists you to develop the skills and knowledge to become stronger and empower yourself. The program will increase cultural, social and emotional wellbeing of individuals, families and the community.

The program includes topics such as:

- Your story relating to family, culture, history and developing self-esteem and positive ways of living.
- Reviewing family structures within the understanding of Stolen Generation, intergenerational trauma, family violence and the role of Aboriginal parents and their children today.
- Developing personal skills that relate to stress, problem solving, managing conflict and healthy relationships.
- Celebrating Aboriginal achievements and looking at the history of Aboriginal people from a community and national level, exploring the concept of self-determination and what it means to be a good community leader.

Please Note: The program is for Aboriginal men and women over 18 years of age.

When

Program 1 - Monday Group

Monday 11, 18, 25 Feb, 11, 18, 25 Mar, 1, 8 Apr
School holiday break
Monday 6, 13, 20, 27 May
9.30am - 2.30pm
Graduation - Date to be advised

Program 2 - Wednesday Group

Wednesday 13, 20, 27 Feb, 6, 13, 27 Mar, 3, 10 Apr
School holiday break
Wednesday 1, 8, 15, 22 May
9.30am - 2.30pm
Graduation - Date to be advised

Where

Ken Jackman Hall
Darius Wells Library and Resource Centre
Chisham Ave and Robbos Way, Kwinana

Morning tea and lunch will be provided. Please talk to us if you need transport.

Creche will be provided for children aged 8 weeks to 5 year olds (there are limited places), please let us know if you require crèche facilities.

Contact

To register your participation in the program, or for further information, please contact:
Carolyn Mascall on 6164 0463 or email - carolyn.mascall@relationshipswa.org.au



The Program

The program includes the following:

- Day 1 Introductions and what is this program all about? Where it all started!
- Day 2 What does social and emotional wellbeing mean!
- Day 3 Who am I and where do I fit in my family?
- Day 4 Looking after me! How do I reduce stress and increase my wellbeing. How my behaviour (positive and negative) affects others!
- Day 5 Importance of my family. What does family mean to me and the importance of Elders.
- Day 6 Building trust and stronger relationships. How to deal with conflict and difficult people.
- Day 7 What does the term “stolen generation” mean?
- Day 8 What do you think is the role of parents today? What story do you want for your family?
- Day 9 Why is my history and culture important?
- Day 10 How do I contribute to my community?
- Day 11 What skills do I have to make a good leader? Planning a community event!
- Day 12 Did I learn anything?
- Day 13 Cultural Events
- Day 14 Graduation - celebrating the end of the program with my family, friends and community.

Quotes from past participants:

I have become a more positive person. Learnt to not let the little things bog me down and to focus on what is important to me. To encourage family to be “black and proud” and embrace each other and our differences.

I am more outspoken and it has changed the way I think and taught me to be more positive, I have stronger connection to culture and land and feel empowered at peace with myself.