

# Empowering YOUTH Program

The Empowering YOUTH Program is for young people approximately aged between 12 and 17 who have diverse abilities. This includes young people who may be on the autism spectrum, have sensory processing needs or have experienced challenges that affect their wellbeing.

The Empowering YOUTH Program is interactive, hands-on and fun. It uses creative activities to explore concepts including diversity, inclusion, identity, values, self-advocacy, wellbeing and coping skills.

The Empowering YOUTH Program is delivered over 4 x half day sessions:

1. Coming together & celebrating our diversity
2. Creating our ideal planet
3. Feeling good & Living well
4. Celebrating our achievements

Young adults with diverse abilities have created and will deliver each program informed by their own lived experience. There will be lots of food breaks and each program will be set up with a quite space.

## Katherine School Holiday Program

Dates: Monday the 27<sup>th</sup>, Tuesday the 28<sup>th</sup>, Wednesday the 29<sup>th</sup> & Thursday the 30<sup>th</sup> June 2022.

Time: 9 am to 12 pm

Venue: YMCA NT, Henry Scott Recreation Centre,  
2525 Stuart Hwy, Katherine NT 0850

The program is **FREE** but places are limited, so registration is essential. To register or find out more information:

w: [www.bit.ly/ntloneyp](http://www.bit.ly/ntloneyp) e: [contact@livedexperientcent.net](mailto:contact@livedexperientcent.net)

Or speak to one of us on m: 0438 022 032 (Noelene)



@livedexperientcent



NORTHERN  
TERRITORY  
LIVED  
EXPERIENCE  
NETWORK



The Empowering YOUTH Program is fully funded by a NDIS Information Linkages & Capacity Building grant.



Young people do NOT need a NDIS Plan to participate.