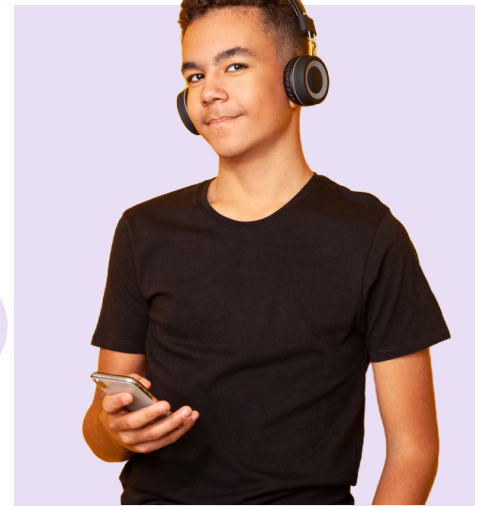


# Empowering YOUTH PROGRAM

For **neurodivergent** young people  
**aged 12 - 17**, including those who may:

- *be on the autism spectrum*
- *have ADHD*
- *have sensory processing needs, or*
- *who have experienced challenges that affect their wellbeing.*

Fun, interactive and hands on program, using creativity to explore concepts such as diversity & inclusion, self-awareness & self-regulation, sensory needs, mental health & wellbeing, strengths & identity, and rights & self-advocacy.



- *connect with peers*
- *snacks provided*
- *lots of breaks*
- *separate sensory/ quiet space available*
- *celebrate our achievements*
- *imagine our ideal planet*

## 2024 PROGRAMS (TERM 2)

### PALMERSTON

Saturdays  
2:30pm – 5:30pm

**27 April &  
4, 11 and 18 May**

*Community Room  
Palmerston Library*

### DARWIN

Saturdays  
2:30pm – 5:30pm

**25 May &  
1, 8, 15 June**

*Crest NT  
Winnellie*

### KATHERINE

Saturdays  
9:00am– 12:00pm

**25 May &  
1, 8, 15 June**

*To be advised*



For **more information** and **to register**, go to  
**[livedexperientcent.net](https://livedexperientcent.net)**

*The program is FREE but places are limited!*



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@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.*

