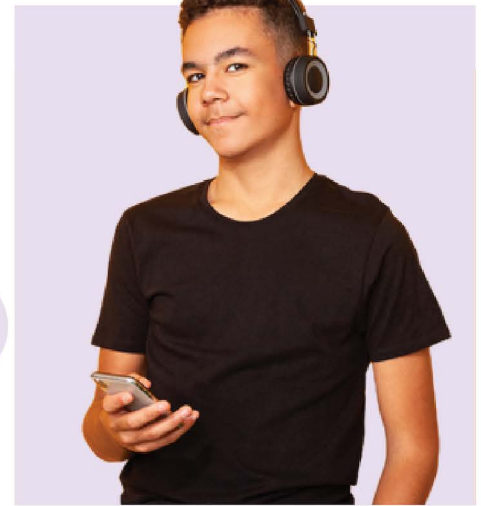


Empowering YOUTH PROGRAM

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
12:30pm – 3:30pm

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

*the Y, Henry Scott
Recreation Centre*



For **more information** and **to register**, go to
livedexperientcent.net

The program is FREE but places are limited!



CONTACT Sarah | 0474 426 326
sarah@livedexperientcent.net



@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.