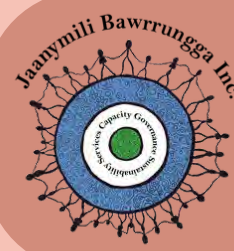


# Walking My Path

YOUNG WOMENS  
GENERAL HEALTH & WELLBEING WORKSHOP

## CONTACT



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connected communities  
*link up and learn*

ARTWORK DESIGN BY  
GUMBAYNGGIRR ARTIST  
STEVEN CAMPBELL



# Walking My Path

## Young Women's Health and Wellbeing Program

The Young Women's Health and Wellbeing Program was developed in response to community feedback as there were service gaps which identified a need for more culturally appropriate health and wellbeing educational workshops. The target groups is young females living in the Nambucca Valley.

Jaanyмили Bawrrungga in partnership with Bowraville Central School coordinates key services to deliver a fun interactive educational session on various topics that young females face daily. The program content was developed in collaboration with key services that are funded to provide an outreach service to Bowraville. The program is community led and has a range of educational sessions based on current trends occurring in the youth social scene.

The Bowra Youth Hub will be hosting the sessions as an offsite location and providing lunch. Some of the topics are sensitive and Bowraville Central Wellbeing Teacher is present to support female students along with Aboriginal female SLSO.

Over the 6-week program there will be themed information sessions such as:

**Week 1 Thursday 22nd June 2023** - Drug and Alcohol Harm Minimisation Youth Session. Delivered by Kim West (Drug and Alcohol Educator).

**Week 2 Friday 28th July 2023** - Day with Elders and Nyami Gawbarrigam (Women's Group). Delivered by Laura Graham and Olivia Roko.

**Week 3 Friday 4th August 2023** - Healthy Relationships.

Delivered by Health NSW Mila Roko and Annette Heather.

Aboriginal Family and Domestic Violence Educator/ Women's Health Nurse.

**Week 4 Friday 11th August 2023** - Candle Making Workshop.

Delivered by Candeles Adele.

**Week 5 Friday 18th August 2023** - Female Personal and Sexual Health.

Delivered by Health NSW Mila Roko and Annette Heather.

Aboriginal Family and Domestic Violence Educator/ Women's Health Nurse.

**Week 6 Friday 8th September 2023** - Strong Women Panel and Pamper Day.

Delivered by all service providers (Guest Speakers).

The program builds young females leadership skills that can be applied in their everyday life and empower individuals to make positive choices such as:

- Provide a safe space for young females to learn, discuss any challenges and identify personal goals.
- Increase participant knowledge about the general health and wellbeing including potential harms and risks associated with Alcohol and other Drugs.
- Develop positive relationship between young females in community and provide additional support to their families.
- Increase young females knowledge of available youth support services and local services within the Nambucca Valley.
- Discuss potential selfcare strategies and the importance of mental health and wellbeing along with strengthening cultural connections.
- Increase awareness and knowledge of what a 'healthy relationship looks like' and signs of unhealthy relationships.
- Discussion on positives to completing HSC and career pathways for young females.

### Key Partners Included:

- Bowra Youth Hub - Programs Coordinator
- Galambila Aboriginal Health Service
- NSW Health MNCLHD - Aboriginal Family and Domestic Violence Educator / Women's Health Nurse
- Health Voyager - Community Engagement and Youth Awareness Officer
- Jaanyмили Bawrrungga (JB) - Muya Darrundaygu Project
- Jaanyмили Bawrrungga (JB) - Healing Project

# Week 1 - Alcohol & Other Drugs Information Session with Kim West



## Placing substances in each drug category activity

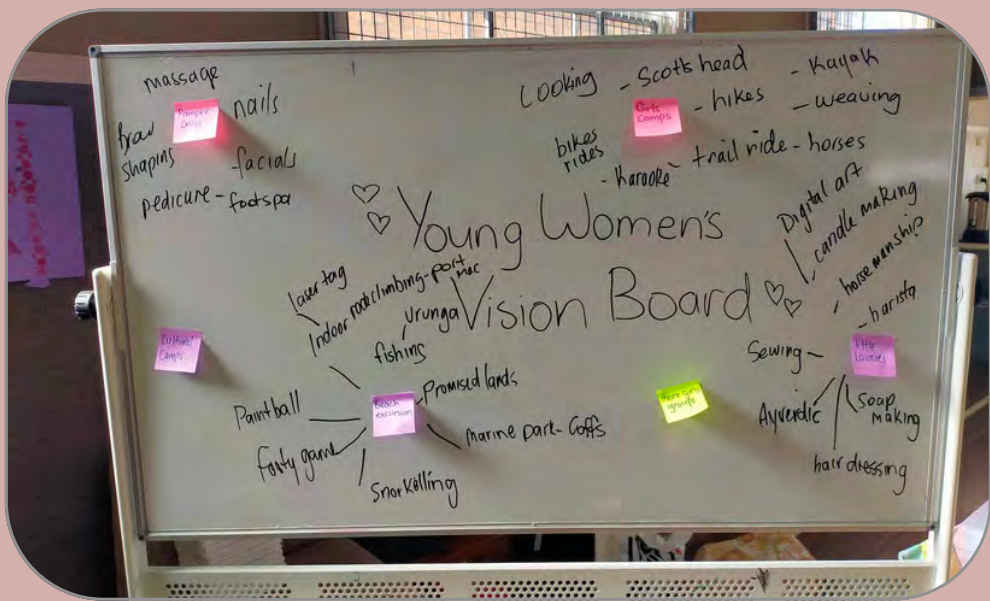


## Practicing Recovery Position





**Week 2 - Day with Elders**  
**Painting, story telling and jewellery making**



## Week 3 - Mila and Annette NSW Health Relationship Tree



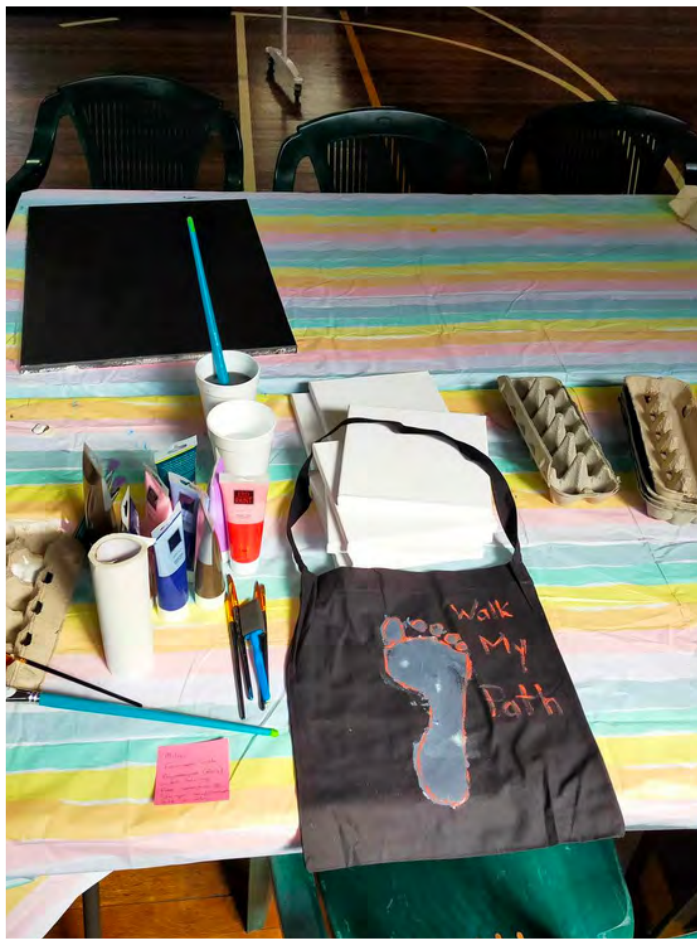
### Relationship Tree Workshop

The activity on the day consist of a tree showing leaves as the positive outcomes of the relationship and the ants as the negative outcomes of the relationship.

The ants (negative outcomes) took over the tree and leaves (positive outcomes) showing that relationship becoming unhealthy just because of the negative outcomes (ants) crowding the tree below.



# Week 3 - Mila and Annette NSW Health Relationship Tree



# Week 4 - Candle Making with Candeles Adele

The young women enjoyed making their own candles in such a relaxing and very fragranced candle making workshop with Candeles Adele.



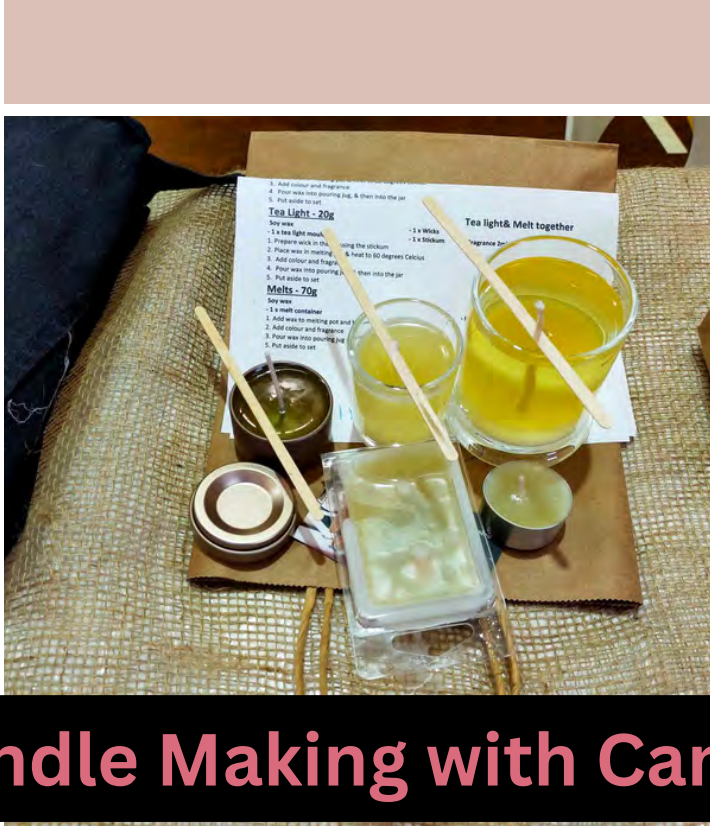
"The candle making was relaxing and fun with other female students"

"I made a candle for myself and my mum"



"I would like to make candles again"





# Week 4 - Candle Making with Candeles Adele



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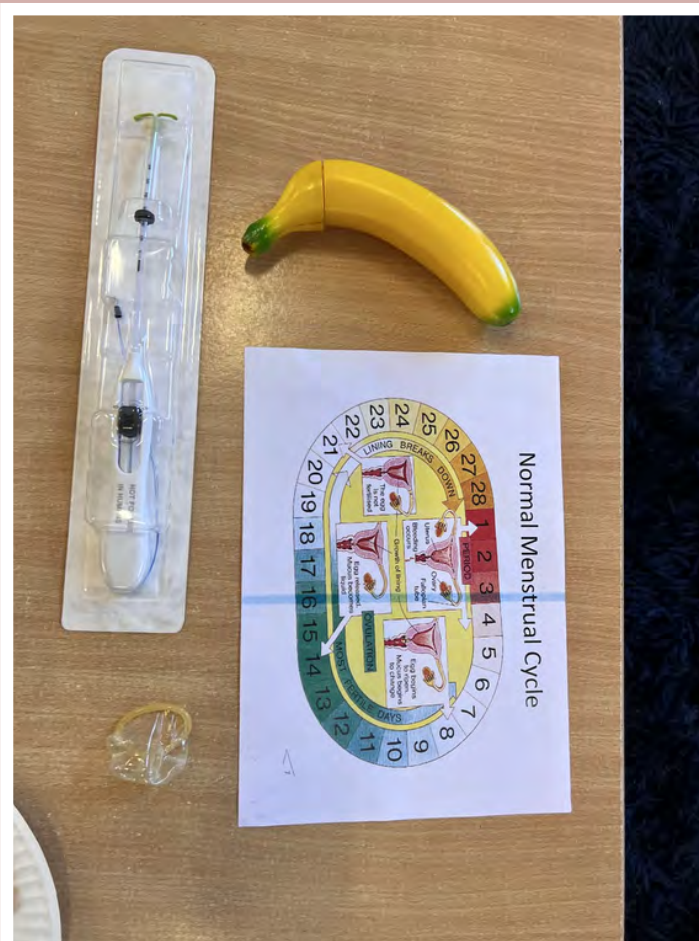
## Week 4 Mila and Annette NSW Health Contraception, Anatomy and STI's

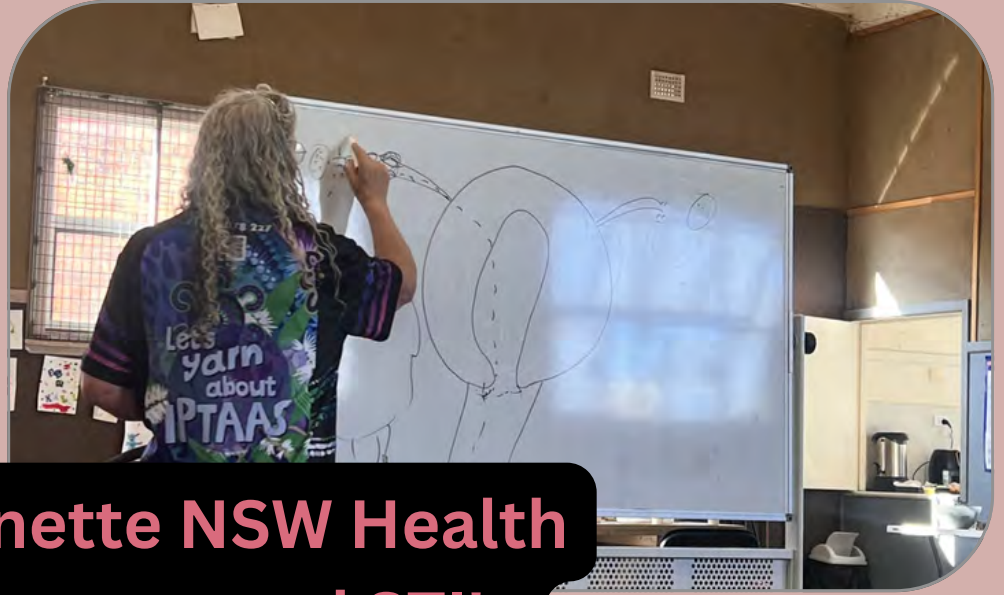


### Contraception, Anatomy and STI's

Mila started off with a warm up ice breaker activity which involved full concentration and coordination with both the young women and staff.

Annette then dived into a diagram of the ovaries and the importance of how it all works. The discussion of contraception and the models handed around had the young women intrigued and surprised to how they all functioned differently but all worked to prevent pregnancy.





**Week 4 Mila and Annette NSW Health  
Contraception, Anatomy and STI's**

