

# Chrysalis Girls Program

Hello,

we would like to connect with family and friends of the young women who have been participating in the Chrysalis Program for the past 2 terms at Byron High and update some of the outcomes and successes that have been achieved. We would also like to let everyone know a little more about what the program offers to both the participants and their families.

Within the program a topic is covered each week in depth these have included:

- **Our physical /emotional body:** How what we do with our body affects our emotional wellbeing.
- **Anxiety & Depression:** What the symptoms look like and the many ways to treat these disorders + information about how to access services.
- **Bullying and Intimidation:** Empowerment and responsibility.
- **Sexual Abuse & Assault:** Support for those who have been affected and guidance for what to do when in support a friend or family member. Sexual Assault Counsellor present for this group to offer statistics, advice and support.
- **Resilience:** How to overcome adversity and build emotional strength.
- **Grief & Loss:** From the loss of a parent, relative or friend - to a pet or simply the loss of a relationship or passion in life.
- **Anger Management:** Taking responsibility for anger, learning tools to cope and understanding the nature of the emotion.
- **Sexuality:** Looked at creating clear and healthy boundaries, understanding emotional/physical consequences, law and social expectations.
- **Inspirational women throughout history:** From Joan of Arc through to Michelle Obama the group explored how so many amazing women overcome personal challenges to go on and change the world.
- **Self Esteem:** Through the process of artistic therapies we addressed the importance of self worth.

**During the term we also had 2 special guests come in and talk to the group;**

***Rebecca Ireland-*** A charismatic and brave young musician who grew up in Kings Cross-Rebecca found music as her tool to creating positive change in her life. Rebecca came into the group and sang her songs accompanied by her guitar and answered questions about her life.

***Dominic Spreckley***- A Third Degree Martial Arts Instructor discussed with the group what it was like growing up as a young man and encouraged the girls to develop strong self esteems, self empowerment and intelligence. He answered many questions and lead a Chinese Martial Arts practise with the group.

### **Expressive Therapies**

Each week we implement expressive therapies to explore each topic such as : Martial Arts, Yoga, Art Therapy, Music and Drama, Creative Writing and Meditation.

We begin every group with 10 mins of yoga and end every group with a meditation.

### **Mullumbimby Self Empowerment Conference**

As an integral part of the program the girls learn to mentor other girls and facilitate group work. The Mullumbimby Self Empowerment Conference was a wonderful opportunity for the group to stretch their wings, be very brave and become leaders for the day. The girls ran the conference, not only did they do an amazing job of facilitating challenging group work that helped touched the lives of many Mullumbimby Girls but they also dedicated their weekends/afternoons to help gather donations for the day. The day was a huge success and all teachers and supervisors on the day were extremely impressed with the level of support, confidence, skill and bravery the Byron Chrysalis Group offered to the Mullum High Girls on the day.

### **Services to Families**

The Chrysalis Girls Program also offers the following to families/supporters of participants: Mediation for participants and their families, counselling, community service referrals and access to counsellors via phone. We are very keen to keep parents and caregivers up to date with any aspect of the program and student participating as we feel the more people that are positively involved and supporting the better.

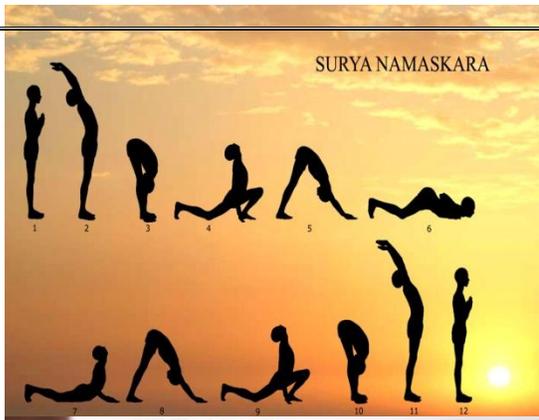
### **Coming Up!!!!**

**Kadina High Conference** -The program will have another opportunity next term to practise their facilitation training running a conference for young women at Kadina High School. This will also incorporate The Mullumbimby High School Chrysalis Group who are now involved with the program which will bring 3 fantastic schools together.

**Kids in Community Awards Night**- Byron Chrysalis Group has been nominated for A Kids in Community award for the leadership, support and mentoring they have offered to each other and many other young women in need across the Northern Rivers. The night is held at The Lismore workers Club where Gold Coast Titans Preston Cambell will be a guest speaker. The Lismore Mayor, Radio and TV personalities will also attend alongside great music, food and entertainment. The highly publicised evening will be attended by over 500 people. The Byron girls will have an opportunity to dress up, be recognised and feel proud. The Kids in Community Awards night celebrates the positive impact young people have made on their communities and celebrates the inspiring work they have achieved. (30<sup>th</sup> June 6pm.)

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Warm Regards : Amie & Jane - Chrysalis Girls Program ☺