



S.E.A. CHANGE

Self Esteem and Assertiveness
For Young Women
14 - 17 Years

Mallee Sexual Assault Unit in conjunction with Child and Adolescent Mental Health Service are undertaking a joint project in delivering S.E.A. Change Course to young women who need some assistance developing their self esteem with a view to empowering them to become more confident and assertive.

S.E.A. Change is a small group of young women who meet once a week for approximately 2 hours over an eight week period and has been adapted from the program of the same name that has been successfully delivered over a period of years by Mallee Domestic Violence Service.

The program encourages participants to acknowledge their strengths, develop and refine assertiveness skills and, along with having fun in a safe environment, improve their confidence and self esteem. It also provides information on goal setting, turning problems into challenges, how to say no and dealing with conflict.

The program is provided free of charge and bookings can be made by contacting either M.S.A.U. on 50 255 400 or C.A.M.H.S on 50 187 900