



USING A GENDERED APPROACH, THE FEARLESS WOMEN EMPOWERMENT PROGRAM EQUIPS GIRLS AND YOUNG WOMEN WITH KNOWLEDGE AND SKILLS TO ADDRESS THE CHALLENGES THEY FACE IN EVERYDAY LIFE. OPEN TO GIRLS, YOUNG WOMEN AND FEMALE IDENTIFYING PEOPLE AGED 10 TO 25; IT HELPS THEM LIVE LIFE WITH CONFIDENCE, COURAGE, RESILIENCE AND HOPE.

IN A SAFE AND INCLUSIVE SPACE, OUR EDUCATION, MENTORING AND COUNSELLING SERVICES PROVIDE ROLE MODELLING, HEALTH SKILLS DEVELOPMENT AND A SENSE OF BELONGING TO ENHANCE SELF-BELIEF AND INNER STRENGTH ENABLING PARTICIPANTS TO FIND THEIR WAY AND LIVE LIFE...FEARLESSLY.

EDUCATION

Fearless Future is a 50-minute foundation course that lets girls in Years 3-10 know that they are not alone and it's OK not to be OK all the time. It promotes positive help-seeking and provides advice on how to help someone else who is struggling. *Fearless Future* is available for class or year groups.

Let's Talk About... is a multi-module education course that builds upon *Fearless Future*. Designed for class or year groups in Years 3 to 5, or small groups in Years 7 to 10, it explores core beliefs, feelings and emotions, and gives students an understanding of and practical tips on navigating friendships, boundary setting and building resilience.

MENTORING

Involvement in Fearless Women Mentoring sees participants paired with a volunteer female mentor for two years. Mentors share their wisdom and life experiences, and provide non-judgemental support, friendship and guidance. They meet fortnightly and are encouraged to participate in small group activities that focus on community and building confidence.

COUNSELLING

Fearless Women provides free individual and small group counselling.

Fearless Together is a series of small group well-being psychosocial education empowerment sessions. Participants are invited to join in conversations on issues that concern them and are encouraged to identify and explore individual strategies for building self-awareness, self-esteem and confidence.

AGENCY REFERRAL INFORMATION

Please ensure you have read and understood the following information before referring a girl or young woman to Fearless Women. Referrals are reviewed prior to an intake interview with the young person and their parent/carer to assess which support will best meet the young person's needs. Following your referral, Fearless Women will communicate directly with the parent/carer, or the young woman if she is aged 18 or above. Parental consent is required for all minors. All programs are free of charge.

ELIGIBILITY

Fearless Women Empowerment Program is open to any girl, young woman, or female identifying person aged 10 to 25 who lives in Canberra or its close surrounds. Fearless Women's program are considered early intervention and are therefore not appropriate as a crisis response or for those with complex needs who require a high degree of support. Please consider alternative agencies such as CAHMS or Headspace as needed.

KEY CONSIDERATIONS

- Please ensure you have discussed Fearless Women with your client (and their parent/carer if applicable), and they are aware of, and agree to, your referral being submitted. All participants referred to Fearless Women must be willing participants who are interested in learning more about our services.
- Fearless Women's services are suitable for early intervention, or 'step-down' support only. Girls and young women who are currently in crisis, have histories of significant trauma, are at risk of harm to themselves or others, or are in need acute mental health services should be referred to more appropriate agencies.
- Fearless Women's mentors are unpaid volunteers who support their mentee by being a non-judgmental role models and offer guidance, life experience and friendship. Mentoring should not be considered a substitute for professional mental health support.

WAIT TIMES

All Fearless Women's services have waiting periods, and times vary based on several factors. For up-to-date timeframes, please contact the team.

HOW TO REFER

Visit www.fearlesswomen.org.au/mentoring. Please select 'agency' from the menu and include your details in the application.

To discuss a referral before submitting, please contact the Fearless Women Team on 0481 576 507 or via email:
admin@fearlesswomen.org.au

