



Young Womens Support Service

Girls' Time Out is committed to responding to the needs of young women in our community by providing support for their growth and human potential.

The SHINE program is a series of workshops. The aim of the program is for each person to develop understanding of her own personal worth, strength and purpose and to realise the potential within her to fulfil her dreams and desires.

Shine

Worth

'Body and soul'

Understanding of self and that we are valuable. Our uniqueness is something to celebrate.

Strength

'Choose Life'

Exploring the power of choice and the power that decisions have on shaping a person's future through practical sessions about feelings, convictions, boundaries, decision making and problem solving.

Purpose

'Hope and a Future'

Examined through exploring hopes, dreams and desires. Goal setting, discussions on potential practical activities to live out a purpose filled adventurous life.

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