

# The Junction Works

Health and Wellbeing

## Who we are:

The Junction Works Community, Youth & Children's Services team partners with local primary and high schools in the Liverpool, Campbelltown, Canterbury-Bankstown and Fairfield areas, to deliver a range of informative workshops on contemporary issues and topics. Our team works with each school to develop and tailor **FREE** workshops & programs which best suit the needs of the students & the school community.

## Our Free Services:

- Counselling
- Case Management
- Workshops



THE JUNCTIONWORKS  
-abilities in people's lives-

www.thejunctionworks.org.au

# Our Workshops

the  
Junction  
Works

## Life Skills Series

- Mens Shed
- Leadership Skills
- Transitioning to Further Education/ Transitioning to High School
- Employment Skills (Resumes & Job Interviews)
- Getting Along with Others
- Study Skills
- Glimmer and Glow – Female Education and Empowerment
- Safe and Smart – Sex Education and Meaning
- Personal Hygiene
- Creative Social – Seniors Group

## Mental Health Skills

- Children's Emotional Regulation
- Let Go and Breathe
- Bullying/Cyberbullying
- Mental Health 101
- Self-Esteem and Confidence Groups
- Navigating Anger
- Healthy Relationships/Friendships

## Counselling Series

- Art and Soul
- Social Butterflies

## Large Yearly Events

- Drug and Alcohol Awareness
- Youth Week
- R U Ok Day
- Careers Hub
- First Aid Skills
- Healthy Bees After School Program
- Lunch Time Activities
- Wellbeing Day

## Our Website



## Contact us for information and bookings.



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