

# LIVE. LIFE. LEAD.

“ I learnt how to be an all-round positive person. ”

*Residential Program Participant.*



*Live. Life. Lead.* was launched in 2016 by Centre 360 Youth and Family Service's group work team to engage young people who are accessing residential treatment programs for drugs and alcohol.

### **Who can *Live. Life. Lead.* assist?**

*Live. Life. Lead.* targets young people aged 13 - 18 years, who are homeless and staying in a refuge, transitional housing program or drug and alcohol rehabilitation program.

### ***Live. Life. Lead.* Aims:**

*Live. Life. Lead.* aims to guide and empower homeless young people towards independence by engaging them in creative activities to promote positive social-emotional health, life skills and leadership potential. *Live. Life. Lead.* also aims to connect homeless young people to support systems outside their housing programs so they have familiarity with services in their community when they leave.

### ***Live. Life. Lead.* Objectives:**

*Live. Life. Lead.* is an early intervention therapeutic program with a goal of increasing a young person's independent living skills and social and emotional awareness. It is also hoped that participation in the *Live. Life. Lead.* workshops will reduce future problematic behaviours and allow the young person to create a more stable and secure future for themselves.

### ***Live. Life. Lead.* for Service Providers:**

*Live. Life. Lead.* facilitators are also available to consult with service providers with regard to supporting a service to continue the work covered with young people in the *Live. Life. Lead.* workshops. Facilitators can advise on activities or conversation starters to ensure the content of the workshops is able to be promoted within the service upon completion of the program.

### **Workshop Skills Development Focus:**

Workshops are tailored to meet the needs of young people or their residential service. They may be commissioned as stand-alone workshops or as a series of skills development programs. *Live. Life. Lead.* facilitators will meet with referrers to determine a suitable program from the topics below.

LIVE	LIFE	LEAD
Emotional Regulation	Budgeting	Advocacy
Manage Stress & Anxiety	Health & Fitness	Leadership Training
Self-care & Mindfulness	Nutrition	Assertiveness
Healthy Relationships	Ready to Drive	Giving Back
Communication Skills / Conflict Resolution	Ready for Work	Positive Youth Development
Cultural Awareness	Alcohol & Other Drugs	Public Speaking

### **Find out more about *Live, Life, Lead:***

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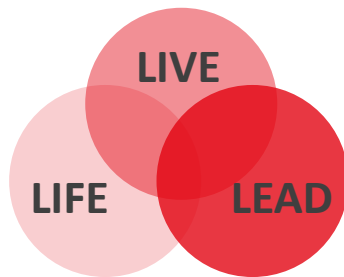
### **Address:**

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PADDINGTON NSW 2021



**Centre 360**  
Youth and Family Service

# LIVE. LIFE. LEAD.



*“Promoting youth independence by increasing life skills and strengthening emotional wellbeing”*

Service provider makes contact with Centre 360 Youth and Family Service and meets with LLL facilitator to discuss options and what combinations of workshops or individual workshop would meet the needs of the clients group.



LLL facilitator produces an outline of the proposed workshop/s for the service provider to approve and dates are arranged for the workshop delivery.



Depending on the size of group and referral information, LLL facilitator decides whether one or two facilitators are required and how many support staff from the service provider are needed. This can be done in consultation with service provider.



Service information for the participants of the workshops as well as registration forms for each participant.



The workshops are delivered, outlines can be sent to service provider if required prior to workshop/s occurring so that they have a detailed overview of the session.



Upon completion of the workshop/s, an evaluation / feedback session is held with the service provider.

Centre 360 Youth and Family Service  
is a project of  
St Francis Social Services

