



First Step Solutions

BUILDING BRIDGES

Empowering teens for Healthy Relationships and Self-Discovery

Join us for an exciting and transformative program designed exclusively for teenagers aged 13-17. Building Bridges is a comprehensive educational initiative aimed at promoting healthy and meaningful connections while fostering self-awareness, self-advocacy, and intimacy.



Interactive Workshop

Engage in hands-on activities, discussions, and group exercises that promote self-reflection, empathy, and effective communication skills.



Expert Guidance

Learn from experienced professionals in the fields of psychology, counselling, and relationship building, providing valuable insights and guidance.



Personal Growth

Explore various aspects of self-identity, self-care, and emotional well-being to build resilience and enhance personal growth.



Nurturing Healthy Relationships

Gain valuable tools and strategies to establish and maintain healthy relationships with family, friends, and romantic partners.



Safe & Supportive Environment

Participate in a judgment-free zone that encourages open dialogue, mutual respect, and a sense of belonging.


**TOGETHER, LET'S BUILD BRIDGES
TO A BRIGHTER FUTURE!**






REGISTERED
NDIS
PROVIDER

Spaces are limited, so don't miss out on this unique opportunity to empower yourself and develop essential life skills!

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First Step Solutions

FINANCIAL LITERACY

Empowering Personal Financial Success

Introducing the Financial Literacy Program, a individualised 12-week journey designed to empower you with the knowledge and skills needed for financial success.

Personalised 1:1 Counselling

Our experienced counsellors will work closely with you, providing personalized support and guidance throughout the program. Together, we will create a customized plan to help you achieve your personal spending goals, step by step.

Scam Awareness and Online Safety

Learn how to protect yourself from online scams and fraud. Our program will educate you about common scams, teach you how to identify warning signs, and provide practical tips to keep your personal information secure while navigating the online landscape.

Contracts and Consequences

Understand the importance of contracts and their implications. We'll guide you through the intricacies of contracts, ensuring you grasp their meaning and significance in your financial journey. Gain insights into the potential consequences of breaching contracts and how to navigate contractual obligations confidently.

Weekly Budgeting and Behaviour

We'll assist you in developing effective budgeting strategies and provide ongoing support to break free from spending cycles that may be impacting your financial well-being. We'll address the underlying behavioural patterns related to spending, such as the allure of afterpay or pawn shop purchases, or the seeking of instant gratification through spending for dopamine hits.

Building Sustainable Financial Skills

Our program focuses on building your financial skills, equipping you with the tools to eventually become self-reliant and move away from external supports like the public trustee. We'll empower you to make informed financial decisions, manage debts effectively, and cultivate a healthy relationship with money.




The Financial Literacy Program includes a comprehensive module book, providing valuable resources and references. However, each aspect of the program is tailored to your individual needs, goals, and preferred learning style.


YOUR SUCCESS IS OUR PRIORITY.






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THE DATE-ABILITY PROGRAM

A comprehensive 6-week educational journey designed specifically for you

The Date-Ability Program is conducted in a small group setting, creating a safe and inclusive environment for open discussions and learning.

Our team of qualified counsellors, psychologists, and sexologists are dedicated to providing you with professional guidance every step of the way.

Boundaries and Consent

Learn the importance of setting personal boundaries and understanding consent. Our experienced team of qualified Allied Health Professionals will guide you through interactive sessions, empowering you to establish and communicate your boundaries effectively.



Staying Safe Online & Scams

In today's digital age, it's vital to stay safe online. We'll equip you with the knowledge and tools to navigate the online world securely. Learn how to identify and avoid scams, protect your personal information, and maintain privacy while using social media platforms. We will also discuss how to set up an online dating profile and what may or may not be appropriate to share with someone you've connected with online.

Interpersonal Skills

Enhance your interpersonal skills and foster meaningful connections with others. Our team of psychologists, counsellors & sexologists will provide practical tips and techniques to navigate social interactions, build empathy, and strengthen your ability to connect with others.


Self-awareness and Advocacy


Explore self-awareness and self-advocacy, crucial elements in maintaining healthy relationships. Discover your strengths, develop self-confidence, and learn effective strategies for assertive communication.

Sexual Health and Wellbeing



Join us in exploring the topic of sexual health and wellbeing. Gain valuable insights into fostering healthy and positive intimate relationships with yourself and others, understanding consent within an intimate context, and making informed choices that prioritise your physical and emotional well-being.

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RELATIONSHIP 1:1 SKILLS COUNSELLING

Enhancing relationships across Australia



Unlock the Skills for Building Strong and Fulfilling Relationships.

Are you seeking the skills and support to develop a strong and fulfilling relationship? 1:1 Relationship Skills Counselling program, designed to provide personalised guidance and empower individuals to create meaningful connections.



Therapeutic and Educational Counselling

Our unique approach combines therapeutic and educational elements to provide a holistic counselling experience. We understand that building a successful relationship involves addressing both emotional and practical aspects. Our expert counsellors provide a safe and supportive environment for you to explore and learn, ensuring comprehensive support throughout your journey.



Solution-Based Therapy

We believe in focusing on solutions rather than dwelling on problems. Through our solution-based therapy approach, we empower you to set meaningful goals and take actionable steps towards achieving them. We'll guide you in navigating challenges and roadblocks, providing you with the tools and strategies needed for relationship enhancement.



Personalised Approach


We recognise that every person and relationship is unique. That's why our counselling sessions are tailored to your specific needs and circumstances. Our dedicated counsellors provide individualised guidance, support, and practical strategies that resonate with your situation, helping you overcome challenges and nurture a healthy and thriving relationship.





Goal Setting for Relationship Enhancement


Our experienced counsellors will work closely with you to identify your relationship aspirations and goals. Together, we'll create a roadmap for success and personal growth. By setting realistic and attainable goals, we ensure that each counselling session is focused on your unique needs and objectives.

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MATES BEFORE DATES

Building Social Connections in a Safe and Comfortable Environment

Join us for an Exciting Social Event for NDIS Participants!

Looking to create meaningful social connections in a safe and comfortable environment? Look no further! Introducing Mates Before Dates, an inclusive event designed specifically for you to build friendships and enjoy a fun-filled time together.

Creating Mates in a supportive environment

Mates Before Dates focuses on developing social connections and creating lasting friendships. Our event provides a relaxed and welcoming atmosphere where you can meet like-minded individuals and forge new bonds. It's all about building mateship!

Professional support, for your comfort

Our dedicated team of experienced counsellors will be present throughout the event to provide support whenever you need it. Whether you're feeling overwhelmed or need assistance with conversations, our counsellors are there to lend a helping hand and ensure your comfort and enjoyment.

Light catering included

Indulge in delicious light catering as you engage in conversations and form connections. The cost of the event, including catering, can be conveniently funded through an NDIS plan, making it accessible for all participants.





Join the Mates Before Dates Community


- Enjoy a safe and comfortable environment.
- Meet new people and make lasting friendships.
- Professional counsellor support available.
- Delight in light catering during the event.





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WELCOME TO THE CLIQ CONNECTION

An Exclusive Social Connections Experience for NDIS participants



Are you an NDIS participant seeking a unique social connections experience? Introducing The Cliq Connection, an exclusive platform designed specifically for NDIS participants to connect with like-minded individuals across Australia.



EXPERIENCE THE CLIQ CONNECTION DIFFERENCE



• **Funded by the NDIS:** The Cliq Connection is fully funded by the NDIS, making it accessible and available exclusively for NDIS participants.



• **EXTRA Privacy and Safety Features:** Your privacy and safety are our top priorities. The Cliq Connection provides enhanced privacy and safety features, ensuring a secure environment for your social interactions.



• **Australian Wide:** Connect with people from all corners of Australia. The Cliq Connection is available nationwide, allowing you to broaden your social network regardless of your location.



• **Support Team Based in Adelaide, SA:** Our dedicated support team, located in Adelaide, SA, are here to assist you every step of the way. We're committed to providing personalized support and addressing any queries or concerns you may have.



• **Compatible on Apple or Android Devices:** Whether you're an Apple or Android user, The Cliq Connection is compatible with both platforms. Seamlessly access the platform on your preferred device.



• **Easy Set-Up Process:** We understand that your time is valuable. Our team takes care of the initial creation of your profile, so when you log on, you can immediately focus on creating connections and engaging with others.



• **Real User Feedback-Driven Updates:** We value your input! Updates to The Cliq Connection app are based on real user feedback, ensuring continuous improvement and a user-centric experience.

Don't miss this exclusive opportunity to connect with like-minded individuals through The Cliq Connection. Sign up today and experience social connections like never before.

For registration and more information, please visit our website.



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