

## Find Your Feet

### Street Address

at various locations. Please see [www.traumaandwellness.com](http://www.traumaandwellness.com) to find out where our next program will be running.

### Phone

5940 2435

### Email

[admin@traumaandwellness.com](mailto:admin@traumaandwellness.com)

### Website

<http://www.traumaandwellness.com/#!blank/hvzr>

### Eligibility Criteria

Find Your Feet for Youth - 11-15yrs Find Your Feet for Adolescents - 16-18yrs Find your Feet for Young Adults - 18-25yrs Ages may vary dependent on psychological age

### Service Area

City of Casey, City of Greater Dandenong, Cardinia Shire

### Service Description

Find your Feet is an 8 week program that includes to one on one sessions with a qualified therapist. Topics covered: family, relationships, sense of belonging, emotions, boundaries, and understanding layers of trauma.

### Participation Length

- Find Your Feet is an 8 week program. The Australian Trauma Centre runs a variety of groups that build on the foundations of Find Your Feet. Previous participants will be notified and invited to attend when the sessions arise. Participants will be offered ongoing one on one counseling if required.

### Interpreters

No

### Specific Exclusions

Suitability will be discussed at referral.

### Who Can Refer

- Anyone can call 5940 2435 and make a referral. Questions will be asked to make a brief assessment of suitability to group.

### Costs

- \$55 per week (total \$440)\$30 per week (total \$240) with a concession card

### Disability Access

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### Service Type

INDIVIDUAL

### Service provider

The Australian Centre of Trauma and Wellness

### Date Created

2016-03-07 04:01:42

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2016-03-16 05:33:02