



WOMEN OF WORTH

OUTREACH GROUP



YWCA
Australia
Women leading change

WOMEN OF WORTH OUTREACH GROUP

The Women of Worth (WOW) team delivers monthly outreach groups to women involved in the justice system.

Women who have been charged with a criminal offence are eligible to participate in the outreach groups. These monthly groups are an excellent opportunity for clients to meet other women, learn new skills and reach out to staff in times of hardship.

A range of sessions are delivered to address personal development, life skills, social skills and parenting skills.

Topics are varied and include:

- Anger Management
- Domestic and Family Violence
- Employment Skills
- Parenting Skills
- Health Relationships
- Self-Care
- Accredited training courses

The WoW Outreach Group was originally developed as a support group for WoW clients who had recently left prison. It was a place where they could discuss the challenges they faced when leaving prison, as well as their successes, in a safe place – **‘supporting each other through post-release’**.

The group has since grown to include all women with involvement in the justice system.

The purpose of the group is to provide a safe place for women; a place where they can learn and draw upon each other’s strengths free from judgement.

The group provides women with essential, practical knowledge and tools they can access when needed.

FIND OUT MORE: NT-WOW@YWCA.ORG.AU