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JOBLINKplus

Tamworth & Gunnedah
GEN-Z
LIVING YOUR BEST LIFE
Youth Program

A great hands-on program for youth **aged 16 to 26 years.** Register your interest today!

- 12 WEEK INTERACTIVE PROGRAM
- DESIGNED BY YOUTH FOR YOUTH
- CREATE YOUR LIFE
- MEET NEW FRIENDS
- CERTIFICATE ON COMPLETION
- CELEBRATION DINNER NIGHT

Scan the QR code or visit https://homesnorth.org.au/gen-z-youth-program to register your interest or contact Cathy Noon or Shania Taylor on 0477 001 944 for more information.

SCAN ME

WHAT TO EXPECT

A STEP-BY-STEP GUIDE

Week 1 to Week 12 Celebration Dinner

WEEK*	TAMWORTH**	GUNNEDAH***	TOPIC
Week 1	Friday 13 March	Wednesday 18 March	THE ESSENTIAL STUFF – COME ON PROVE IT! Get your essential docs sorted!
Week 2	Friday 20 March	Wednesday 25 March	COMMUNICATION & SOCIAL MEDIA – THE GOOD, THE BAD & THE UGLY! Mastering socials skills & social media.
Week 3	Friday 27 March	Wednesday 1 April	SMARTY PANTS – PLANNING FOR THE FUTURE Find your strengths & kick start your career!
Week 4	Thursday 2 April (Easter Weekend)	Wednesday 8 April	GROWING STRONG – HEALTHY RELATIONSHIPS, COMMUNITY CONNECTIONS & FRIENDS This week is all about building healthy relationships—what they look like, what's not okay, and how to set boundaries.
Week 5	Friday 10 April	Wednesday 15 April	MOVED OUT, LEFT THE NEST... WHAT TO DO? Adulting 101—living on your own!
Week 6	Friday 17 April	Wednesday 22 April	LET'S GET HEALTHY! COOKING UP A STORM AND HEALTHY EATING Eat smart & live better!
Week 7	Friday 24 April	Wednesday 29 April	RISE & SHINE – PERSONAL CARE AND GENERAL HEALTH This week is all about looking after yourself!
Week 8	Friday 1 May	Wednesday 6 May	MONEY MATTERS – LET'S GET CASHED UP Master your money!
Week 9	Friday 8 May	Wednesday 13 May	LOVING LIFE – TIME TO TALK ABOUT YOU! This week is all about your mental well-being.
Week 10	Friday 15 May	Wednesday 20 May	WANTS, NEEDS & ADDICTIONS This week is about breaking bad habits and taking control.
Week 11	Friday 22 May	Wednesday 27 May	FIT FOR LIFE – THE CIRCLE OF SAFETY This week is all about staying safe at home and while on the go!.
Week 12	Friday 29 May	Wednesday 3 June	TREASURE HUNT 4 TEAM WORK This week is all about coming together and celebrating YOU!

* Workshops run from 10am to 3pm. Lunch and refreshments are included.
** Tamworth workshops held at Joblink Plus, 490 Peel Street, Tamworth.
*** Gunnedah workshops help at Hopedale Cottage, 38 Hopedale Avenue, Gunnedah.