



# REBUILD & RECONNECT

## ABOUT THE PROGRAM

Got Your Back Sista will run '**Rebuild and Reconnect**', a program developed to help women rebuild their self-esteem, confidence, and resilience when facing adversity. The purpose of this program is to rebuild relationships with friends and family and reconnect with others to form a positive self-identity.

This program was developed by the University of Newcastle.

By the end of this program participants should be able to:

- Feel more **confident** and have a better understanding of their identity and their goals
- Increase their own **emotional intelligence** and **self-care**
- Identify important family members and understand how to best connect with them
- Examine what a **healthy relationship** looks like and be able to identify any 'red flags'
- Understand the importance of **being safe online** and creating a **positive social network**
- Navigate through conflict to form positive and **healthy friendships**
- Engage positively and **confidently** with services and organisations they are involved with
- **Advocate** for their needs, wants and desires
- Participate and **develop connections** within the group

**PROGRAM FACILITATOR:** Michelle Nolan holds a Bachelor of Counselling and has over 10 years case management experience working with individuals, families and youth in a variety of capacities including mentoring, coaching and counselling.



Got Your Back Sista Village HQ – 15 Elizabeth Street, Tighes Hill.

**Please note:** this program is run upstairs at Village HQ.

**Cost:** This is a free workshop - subsidized by Got Your Back Sista

**To register please contact the Got Your Back Sista team  
on 4989 2777 or [info@gybs.com.au](mailto:info@gybs.com.au)**

