

**FREE GROUP PSYCHOEDUCATION PROGRAMS RUN BY SALVATION ARMY/OASIS YOUTH SERVICES**

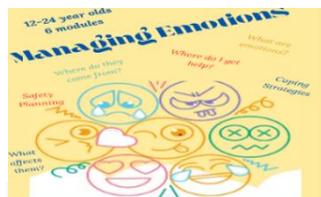
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**When:** Start date for each program on arrangement.

**Where:** All programs are available in all high schools and youth services within Bayside, Georges River, Randwick, Hurstville, Sutherland Shire, Eastern Suburbs, Waverly, Woollahra within South Eastern Sydney Local Health District (SESLHD)



**Group:** Managing Emotions

**Age:** 12 – 24 years

**Length:** 6-week program - 1 hour a week/ 3- week program of 1.5 hours.

**What:** A psychoeducational program to identify and manage a range of complex emotions, assertiveness and self-esteem building. Activities are modelled on CBT/DBT, growth mindset and other psychologically informed practices.



**Group:** Love Bites Junior and Senior

**Age:** Year 7 – 12

**Length:** Single day approach in school for a whole year group/ 8 sessions of 1 hour.

**What:** A respectful strengths-based relationship program designed to provide young people with a safe environment to examine, discuss and explore relationships. The overall aim is to equip young people with the knowledge needed to have respectful relationships, encourage, and develop their skills in critical thinking and assist them in being able to problem solve and communicate effectively.



**Group:** PreVenture

**Age:** Year 9-12

**Length:** 2x 90 minutes sessions

**What:** A school-based intervention aimed at reducing drug and alcohol use and improving emotional well-being. The workshops focus on motivating teenagers to understand how their personality style leads to certain emotional and behavioural reactions.



**Group:** SMART Recovery

**Age:** 18 - 24 years. Anyone from any LGA to attend.

**Length:** Ongoing 90-minute weekly sessions

**Where:** Online only every Wednesday at 11am (From June 2024).

**What:** SMART Recovery stands for Self-Management and Recovery Training (SMART). It is an evidence-based recovery method in Cognitive Behavioural Therapy (CBT) that supports people with dependence or problem behaviours to build and maintain motivation, cope with urges and cravings, manage thoughts, feelings, and behaviours, lead a balanced life.



**Group:** Vape In Vape Out

**Age:** Year 9 - 12.

**Length:** 1-hour whole year approach OR smaller group of 2 hours.

**What:** By the end of the program, young people will be able to identify the difference between smoking and vaping, the laws around vaping, some chemicals that are found in a vape, the effects of nicotine on the brain, the short and long-term effects of vaping. They will also be able to understand how addiction develops and how to identify if they are at risk of addiction. Students will learn how to respond to peer pressure around vaping and where to get help.



**Group:** Teen Mental Health First Aid - Available from T1 2026

**Age:** 11-17 years

**Length:** X3 90-minute sessions (whole year approach)

**What:** The Teen Mental Health First Aid course trains students to recognize and support peers facing mental health issues or crises. It teaches how to start conversations, provide initial help, and encourage professional assistance. Students also learn when to involve trusted adults.



**Group:** Feeling FANTastic

**Age:** 11-17 years

**Length:** 6-week program – 90 minute sessions

**What:** A program to help young people understand their emotions along with changes that are occurring in their lives. The aim is to equip them with knowledge and skills to cope with symptoms of anxiety and depression.