



# The Living & Life Skills Program



Moving out on your own can be **SCARY**...

That's why WAYSS Ltd. has developed a **NEW & EXCITING** set of workshops called the **LIVING & LIFE SKILLS PROGRAM**. Young people just like you are given an opportunity in this program to learn and develop useful skills needed for independent living & do so in a **FUN & INTERACTIVE** group environment.

The workshops currently available include:

## **The Amazing WAYSS Race**

Develop knowledge on the services in your local area & the public transport system, build on map reading skills, & enhance teamwork abilities. This exciting game requires you to hunt for services with the clues provided and compete against your team mates to win prizes.

## **MoneyMinded**

An interactive budgeting workshop aimed to enhance financial knowledge and assisting you to set financial goals, minimise spending leaks and gain more control over your financial situation.

## **The Net**

An opportunity for young people to discuss and learn more about searching the internet safely for housing, education, employment, and more.

## **Cooking on a Budget**

Hands-on experience cooking meals that are within a young person's budget. Different meals are created every month.

## **Private Rental**

Step-by-step information on how to apply for private rental, what information and ID is needed, and how to access bond loans, rent assistance, PRAP, and more.

## **Conflict is not a Dirty Word**

Discuss ways of dealing with and responding effectively to conflict in the family, with friends, and in the work environment, and build on assertive communication skills.

## **Healthy Eating**

Looks at the food pyramid and how to sustain a well-balanced and healthy diet.

Call the WAYSS Youth Team for more info on 1800 637 993

**WAYSS**  
LTD