



EVOLVE - PROVIDING A SUPPORTIVE ENVIRONMENT FOR DISADVANTAGED YOUNG PEOPLE & HELPING TO MAKE CHANGES TODAY FOR A POSITIVE TOMORROW...

The *Young Women's Program* is offered to teenage girls who would like a hand in making some changes in their life, young women who are concerned about the path they might be heading down.

The program begins with a three-week residential experience at our remote property, Typo Station, and is followed up with two years of community visits, follow up programs, and phone and email contact. This support is offered as the young women re-integrate into their lives in the world outside of Typo.

Expedition - A nine day hike through remote bush in Victoria. The Expedition can be highly challenging but also highly rewarding! The hike provides a powerful setting for the young women to explore and develop their goals and visions whilst learning new skills, and meeting people who may be going through similar tough times. Belonging to a like-minded group, exploring a new place, and getting away from pressure at home offers perspective and support while journeying through beautiful, natural landscapes.

Station Life - This is a week that aims to build a sense of responsibility and respect for self and others, develop new skills, and create routines for ongoing motivation and engagement in education or employment. Station Life includes art, cooking, blacksmithing, joinery projects, leatherwork, solo time and community involvement.

Follow Up Support - It can be difficult to return to life in the world outside of Typo Station. Staying in contact with the staff, and other young women, allows the community that has developed through the intensive three weeks to continue at home.

Follow up includes community visits from staff, follow up programs, and regular contact over the phone, via email and through Evolve's Facebook. A parent/carer dinner following the program assists parents to understand what their young woman has been involved in, and share ideas in how they can support her once she has returned home. If a young woman has put in a big effort to make some changes, there's no better way of supporting that effort than for the people around her to also make some positive changes!

Follow up programs offer the young women a chance to reconnect to Typo Station, a property representing a highly significant experience, and to staff and other young women who have shared the 'Typo Experience'. Follow up programs help the young woman stay in touch with the changes that they want to make and offer progressive challenges and connectedness to significant people.

THREE WEEK RESIDENTIAL EXPERIENCE

FOLLOW UP

OUR PHILOSOPHY

We believe that no one knows someone better than that person knows themselves. Therefore, it is up to the young women to face the challenges on program themselves, and work out how best to deal with them. Staff are there to support, but the experts are the young women.

Often other people who have been where you have been are the ones you can learn most from. To be among people who have some similar experiences, and who can share these and understand others' experiences, creates a community where everyone belongs and contributes to each other's development.

To be away from everything gives perspective on life. The bush is a great place for that! A simple life, and other people who have been there, provide space to live and reconnect with the 'real you'.

SOME THINGS THAT OTHERS HAVE TO SAY

'I came to the hike cause I knew there would be a good sense of achievement. I knew it would be hard, but I knew the feeling I'd get doing it and I really wanna change.'

'The hike is f***ing hard!'

'You feel like you want to quit so much, you whinge about quitting and hiking and shit. The first day was probably one of the hardest.'



'Mt Cobbler was frikkin' awesome! It was breathtaking. The view of what you've done makes you feel so good. Not many people your age would have got the chance to do the things that we've done. To say that they have done we have done.'

'One of the best things is getting to respect people you wouldn't give a chance to. Someone who I normally wouldn't even talk to is now one of my good friends.'

'I've grown up in a household where most of the money went on drugs and alcohol. Some days after school I would find that some of my things were taken and sold for drug money. I find it really difficult when people are fighting because I can't talk to people about fixing the problem. I find it really hard because my parents don't understand what it is like going through these years of my life'.

