

# www.younglove.org.au

mentoring and personal development workshops for teenagers facing profound challenges

welcome to the term two edition of the young love newsletter

## mentors

Since completing their training in term 1, our new mentors have joined some of our experienced mentors, and we now have 56 young people being mentored across our programs. The first term is challenging in terms of establishing rapport and building trust, and our mentors have done a fantastic job of utilising the skills learned in training, and trusting their own instincts, in building a strong partnership with their mentees. We are all looking forward to next term where we hope to develop those partnerships to a new level. We also hosted a networking meeting for our mentors this term, with the guest speakers from the Women's Resource Centre who presented us their fabulous Love Bites program. Pictured below are some of our wonderful Pittwater mentors.

Our programs cannot exist without the generosity of such wonderful volunteers – so thank you all very much. It is so exciting to be able to reach almost 60 young people in our first year!



## school

We are thrilled that our School mentoring program is operating in three high schools this year, including Pittwater on Tuesday mornings, Cromer on Tuesday mornings and Forest on Friday mornings. We have been lucky enough to attract three outstanding Program Counsellors to assist on these programs, including Jenny Moulder at Forest, Katie Kennedy at Cromer and Vicki Condon at Pittwater. We have done some early

evaluation of our students, which has outlined our areas of strength and our areas for improvement over the year, which is fantastic. Our thanks to Tammy Stander and Emma Watts from the Australian College of Applied Psychology who are conducting evaluation at Pittwater as part of their studies. We have had interest from Mosman High and North Sydney Boys High for 2010, so we hope to be able to take our mentoring program to those schools next year.

The School program is a proven recipe and makes a significant impact on students' lives.

**What some of the mentees like about coming to mentoring so far:**

*"it's good having someone to talk to, and getting out of class"*  
*"you can talk about a lot of stuff and ask questions"*

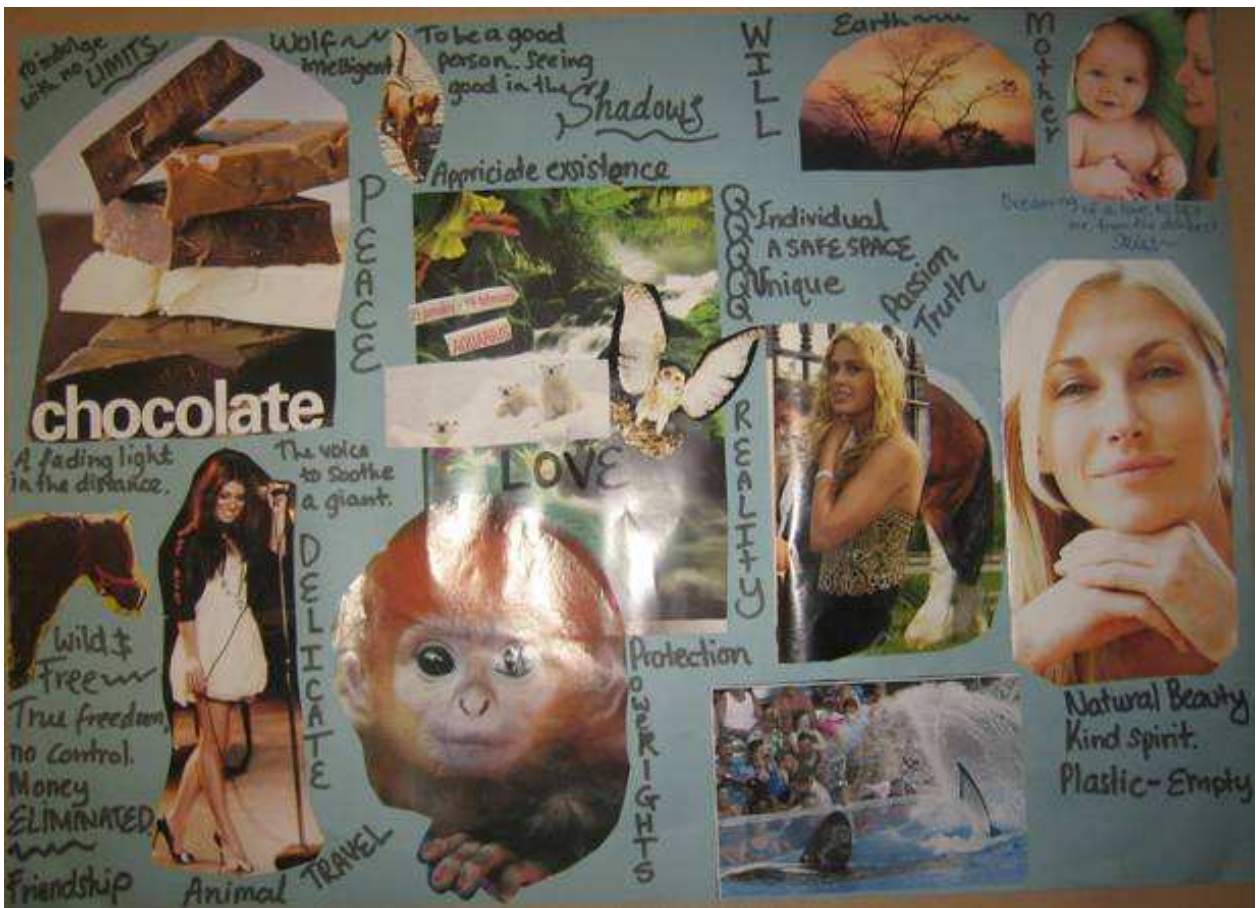
**What some of the mentees would like to achieve this year:**

*"not to fail year 10"*  
*"getting my license, saving for a car and getting an apprenticeship"*  
*"start to earn some money"*

## bump

We are very excited with the progress of the Bump program, especially as there are very few programs of its kind and we are paving the way in a sense. So much so, we now have interest from the St George region to conduct the program with a group of community organisations. We now have 12 young mums matched with mentors in the program in the northern suburbs, with 2 matches still to come. The young mums we are working with are amazing girls with much courage and capability. Some are newly pregnant and others have toddlers. We mentor once a week individually, and have had two monthly workshops. The first one was about introductions, and we were lucky enough to have [Adore Yoga](#) run a wonderful yoga session for the young mums, something which most of them had never experienced before. Our second one held this week included thinking about our dreams and wishes for our life, as well as a fabulous session with [Maria Cuci-Panetta](#) on personal style coaching and colour analysis. The girls loved having some "me" time, while the babies were all looked after. Below is a picture of a beautiful dream board made by one of our young mums in our dreams session.

The Bump program is an innovative new mentoring initiative, and is proving to be an extraordinary experience for everyone involved.



## parent coaching

Lise Angus conducted our first Parent Coaching program this term for parents of teenagers. An intimate class of six parents worked together across four Wednesdays to learn how to increase harmony in their homes with their teenagers. We offer our sincere thanks to [Middle Head Space](#) who welcomed us to use their beautiful Mosman Barracks venue. The training was so successful that we will run two programs next term. One on Tuesday evenings commencing 1 September from 6pm until 8pm, and one on Wednesday mornings commencing 2 September from 10am until 12noon, for four consecutive weeks. We are limited to 10 participants on the program, so please register your interest quickly if you would like to join us. The cost of the program is \$50 per week, a total of \$200 for the four sessions, with a significant portion of that being donated to the Young Love Foundation.

Don't miss out on this terrific opportunity to learn tangible skills which will help you to really connect with your teenager in a positive way.


### Feedback from previous participants:

"The course was great, I got lots out of it, and my husband now wants to do it"  
 "I loved this course, and happily endorse it to others"

## dance party

Are you looking for an inexpensive, fun night out? Our next dance party on the 8<sup>th</sup> of the 8<sup>th</sup> is a fantastic opportunity to catch up with old friends and make new ones, in a casual and relaxed setting in the beautiful Chapel at the Greenwood Hotel. Come along, have a few drinks, catch up with friends, and even have a dance if the mood takes you. There are not many places we can go for a good dance to great 70s and 80s music, so come to one of the best nights of the year. Unlike many fundraisers, there's no formal dressing up, no long speeches, and plenty of ability to mingle with all your friends in the room – and the dancing is a bonus! Make sure you put the date in your diary now – Saturday 8 August, from 8pm until 1am, Greenwood Hotel in North Sydney, \$50 tickets available at [www.stickytickets.com.au/1866](http://www.stickytickets.com.au/1866) now, so please come and show you care about our youth, and you want to help us teach them to care about themselves.

Our dance parties are a great opportunity to have an inexpensive, relaxed, fun night out - so get your friends together and make the 8<sup>th</sup> of the 8<sup>th</sup> at 8pm your next big get together!

A poster for an 80's dance party. The background is black. At the top, the words "80's" are written in a large, white, bubbly font. Below that, "dance party" is written in a large, pink, bubbly font. In the center is a glowing, multi-colored disco ball. To the left of the disco ball, the date and time "8/8/09 8pm till 1am" are written in white. To the right, "all proceeds go to the young love foundation" is written in white. Below the disco ball, the ticket price "\$50 per ticket available from" is written in white, followed by the website "www.stickytickets.com.au/1866" and the phone number "or Vicki on 0419 633 881" in pink. At the bottom right, "greenwood hotel north sydney" is written in white. At the bottom center, the website "www.younglove.org.au" is written in white. On the far left and right edges, there is vertical text: "for those of us who actually remember the 80's and for those of us who just love the 80's music" on the left, and "grab your friends for a great night out - chat, dance, laugh, pizza, rugby" on the right.

**80's**  
**dance party**

**8/8/09**  
**8pm till 1am**

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**or Vicki on 0419 633 881**

**all proceeds go to the**  
**young love foundation**

**greenwood hotel**  
**north sydney**

**[www.younglove.org.au](http://www.younglove.org.au)**

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and for those of us who just love the 80's music

grab your friends for a great night out - chat, dance, laugh, pizza, rugby

## wish list

As a charity organisation just getting off the ground, we have come across some areas where we could use a little help every so often, so we thought we'd put our wish list out there just in case there is anyone who might be able to assist, please. These are some of our wishes:

- baby car seats, capsules and boosters
- five live auction prizes for our dance party coming up on the 8<sup>th</sup> of the 8<sup>th</sup>
- a bus and driver for three hours once a month on a Monday
- child care workers or babysitters for three hours once a month on a Monday
- a fabulous venue for our lunchtime graduation party for our young mums on 23 November
- someone to run our “have a heart” campaign
- a printer prepared to do short print runs for us
- someone to identify and prepare grant submissions for us
- a photographer and videographer

[Thank you for considering the idea of helping us out with our wish list](#)

## partners

There are many people who have helped us to get where we are in such a short time, and we would like to acknowledge some of them: Tony Abbott for choosing us as a benefactor of the Pollie Pedal initiative and donating \$10K to us; Joe Hockey for hosting a morning tea for us; Kim Bayliss from TAFE Outreach who continues to be a source of advice and wisdom, as well as an incredible connecting person for us; North Sydney Sunrise Rotary for asking us to present to them; St George Family Support Service for their interest in the Bump program for their area; the Red Cross Outreach team in Randwick for partnering with us on Bump; Lisa Scaturchio for asking us to speak at their APAC event; an incredibly generous couple of people who made overwhelming donations to our Foundation; Leanne Ralph for her tireless work on our governance; Preyesh and the team at 360 Consulting for all their fantastic IT support; the girls at the Women’s Resource Centre in Dee Why for their support and referrals, and for conducting the Love Bites program for our mentors; Helen Andieresen and her team at Queenscliff Community Health for inviting us to speak about our Bump program; and Leon Condon for his steady eye on our financials, and his clarity around our direction.

[Thank you to all these people for all they have done to help get us off the ground.](#)

our sincere and heartfelt thanks to you all for your generous support of

