



**Carbal
Medical
Services**



For more information on Miyay Youth, including how to refer, contact Carbal's Community Outreach team on:

1300 379 558
outreach@carbal.com.au
carbal.com.au/miyay

SCAN BELOW



MISSION

To foster self-determination and motivation among Australian First Nations Jarjums (youth) girls as they navigate the path to adulthood.

FRESHWATER TURTLE STORY BY UNCLE (OLIN JONES)

This artwork depicts the life force of the rain forest. Here, once again, you have the women collecting the food source from the rainforest and when you see little hands within the painting structure, it's a signature, it says:

"we belong to this land or we belong to this place"

artofcarbal.com.au



AIMS OF MIYAY YOUTH PROGRAM

The primary objective of this program is to empower and transition our jarjums into adulthood and offer:

- guidance;
- mentorship;
- emotional support;
- self-awareness; and
- leadership;

PROGRAM DETAILS

The Miyay Youth Group delivers one-on-one support or group sessions in a community or school setting.

Group sessions include support on the following areas:

- Healthy and whole
- Healthy and emotional flow
- Healthy choices
- Impulse control
- Healthy relationships
- Your body your choices
- Self-care
- Cultural history and personal goals



ABOUT

Carbal's Miyay Youth program is conducted once a week and spans over a duration 10 weeks.

This unique initiative is specifically designed to nurture self-determination and motivation among emerging Australian First Nations jarjums (youth) girls.

The program places a strong emphasis on cultivating prosocial behaviors and empowering these young individuals to become confident leaders within their communities and provide them supports to navigate stressors effectively and foster their personal growth.

AGES

Miyay Youth Program commences group work or one-on-one support from ages 10 – 17.

Under exceptional circumstances, these age limitations can vary.

CULTURE

Culture is the link that binds us and defines our identity.

Sustaining connection to Country is high priority and will be explored through direct engagement with nature.

MENTORING

Participants have the opportunity to connect with positive role models from diverse fields in our wider community.

The Miyay Youth group actively fosters engagement with elders and other senior community members of outreach programs. These individuals serve as valuable mentors and actively participate in the program from time-to-time.

Furthermore, graduates of the Miyay program are warmly encouraged to return as mentors themselves, creating a powerful cycle of support and empowerment within our community.



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