


WELCOME TO

FOOTPRINTS GROUPS PROGRAM



footprints
positive steps with you



Footprints in Brisbane is a not for profit community based organisation.



The Footprints Vision...

A community where individuals are able to maintain an independent lifestyle of their choice



The Footprints Mission...

To be responsive, innovative, professional and timely in providing care and support to each other.



Footprints Values...

Trust, Honesty, Reliability, Confidentiality, Client-Focussed, Dignity and Respect

Footprints in Brisbane Inc. is committed to providing responsive, flexible and appropriate services with the aim of promoting independence, offering people a choice to remain in their own home in their local community.

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If this booklet needs to be interpreted or translated in to another language please speak with a Case Manager or contact the Translating and Interpreting Service (TIS) on 131 450

WELCOME TO FOOTPRINTS IN BRISBANE INC.

Since 1991, Footprints in Brisbane Inc. (Footprints) has been providing community based services to meet the needs of some of the most socially isolated and financially disadvantaged people within our community. With over 25 years of experience, Footprints as a not for profit organisation is well-regarded for working with people from diverse backgrounds and with complex needs.

Footprints as a client-centred organisation, is focused on providing safe, reliable and quality services that are inclusive. Our motto is 'positive steps with you' which is the premise from which we practice, by walking alongside people with dignity and respect empowering them to live independently in the community.

FOOTPRINTS GROUP PROGRAMS

Priority will be given to those clients with the least support in place.

Level of need is based on:

- Risk of isolation from peer group and social activities
- Risk of loss of independent living skills

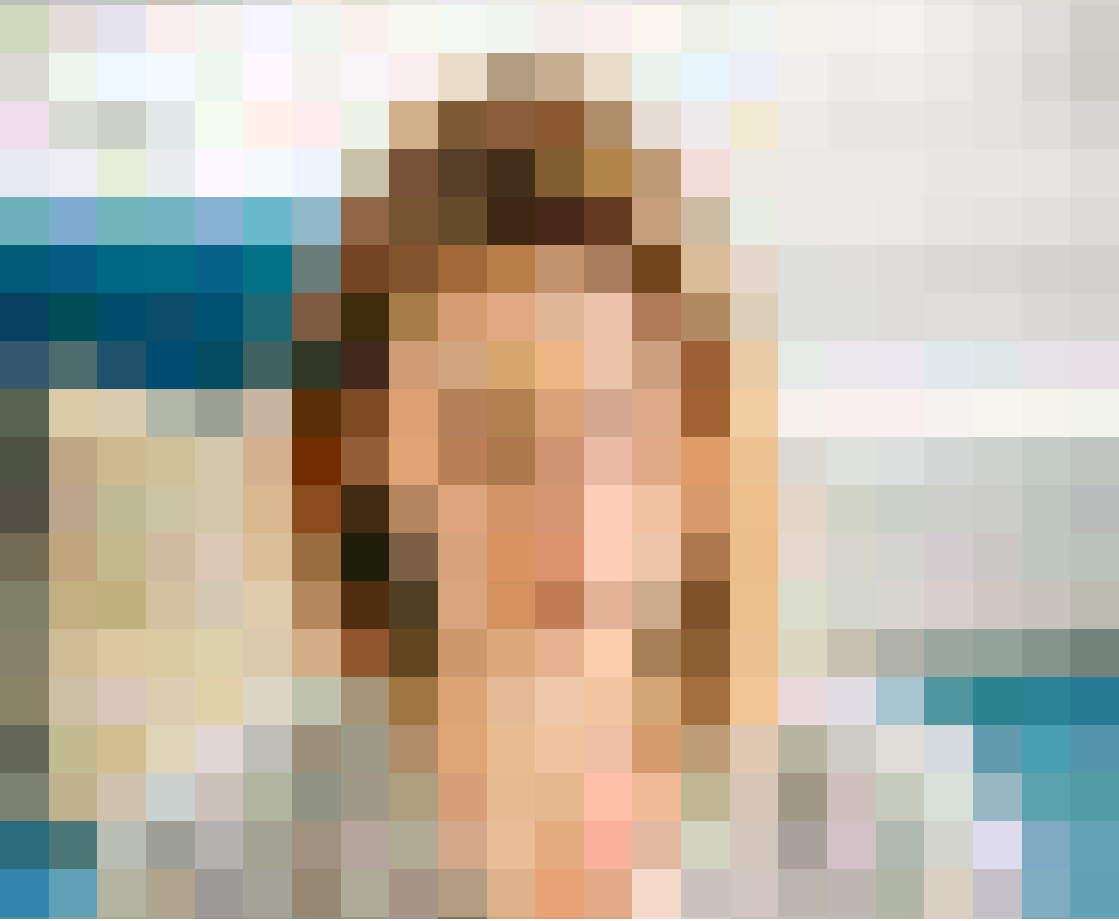
Group programs are open to all Footprints clients.

We welcome your ideas, suggestions and feedback as a way to keep our service client-focused, innovative and accountable.

The program descriptions include a list of activities and goal areas that we will support you to attain. Once you have selected your activities, your identified goals will become part of your case plan within this round of programs.

Please contact Footprints on 3252 3488 if you have any questions about the groups.





**PSYCHOSOCIAL
GROUPS**



CREATIVE ARTS

Creative Arts is a safe and supportive space where you can come and create!! Footprints provides the space and the materials, all you need to bring is yourself.

Artwork created will be displayed in the Footprints Annual Art Exhibition.



Annually between February – September – Mondays
(leading up to the Art Exhibition)



10.00am - 2.00pm



Footprints Groups Room
31 Thomas Street
WEST END

COMFORT BOX

Comfort Box is a creative group to support you in sourcing and making a collection of items/tools to assist with grounding and soothing you in times of need.

Comfort Box is light-hearted, encouraging chat around ways to help to bring you back to the present. Come along for some socialising and creative fun.



Monday afternoons in a six (6) weekly blocks



1.00pm - 3.00pm



Footprints Groups Room
31 Thomas Street
WEST END

Contact to confirm commencement dates.

MIND AND BODY AWARENESS

The Mind and Body Awareness Group has been designed to increase your understanding in stress and anxiety, and learn self-soothing strategies to help yourself in distressing situations. The group will help you to get in touch with your body and respond to the signals. The group also explore many practical activities which you can take away and apply in your life. Gentle yoga and meditation – please wear loose comfortable clothing.



Wednesday mornings in a six (6) weekly blocks



10.00am - 11.30am



Footprints Groups Room
31 Thomas Street
WEST END

Contact to confirm commencement dates.

WELLNESS RECOVERY ACTION PLANNING (WRAP)

Be inspired about your recovery! WRAP is one of our longest running groups at Footprints. Our facilitators will assist you to develop a self-designed recovery plan to become well and stay well.



Monday afternoons in eight (8) weekly blocks



1.00pm - 3.00pm



Footprints Groups Room
31 Thomas Street
WEST END

Contact to confirm commencement dates.

ART THERAPY

The Art Therapy program is an interactive form of therapy that enables the participants to find insight, wisdom, solutions and empowerment with whatever challenges they are facing. The canvas, paper, paints, crayons, clay and other various art materials, are a tool by which participants can explore their internal and external world. Sometimes words cannot fully express that which we hold within us. Art has a way of accessing a different part of the brain, and allows what may be held unconsciously to be revealed in a safe and gentle way through the process, or by finding meaning through metaphors symbols and imagery.



Wednesday afternoons in eight (8) weekly blocks



1.00pm - 3.00pm



Footprints Groups Room
31 Thomas Street
WEST END

Contact to confirm commencement dates

BURIED IN TREASURES

Buried in Treasures (BIT) is a Cognitive Behaviour Therapy (CBT) based group for people who have accumulated a problematic quantity of possessions. It is a skill building and empowerment group for people who are committed to de-cluttering, organising and limiting acquiring.



Contact to confirm commencement dates



TBC



Footprints Groups Room
31 Thomas Street
WEST END

SELF MANAGEMENT AND RECOVERY TRAINING (SMART)

Self-Management and Recovery Training (SMART) Recovery assists participants with any problematic behaviours - including addiction to drugs, alcohol, cigarettes, gambling, food, shopping, internet and others.

Guided by trained facilitators, participants come to help themselves and help each other using a variety of Cognitive Behaviour Therapy (CBT) and motivational tools and techniques.



Friday mornings - only breaks for public holidays



10.00am - 11.30am



Footprints Groups Room
31 Thomas Street
WEST END

Contact to confirm commencement dates

HEARING VOICES

People who share the experience of hearing voices come together weekly to help and support each other, to exchange information and to learn from one another.

Based on the principle of peer support; voice hearers meet weekly to share experiences, explore different ways of managing and coping with voices, and access information and resources to learn about the recovery process.



Thursday afternoons



1.30pm - 3.00pmm



Footprints Groups Room
31 Thomas Street
WEST END

DIALECTICAL BEHAVIOUR THERAPY (DBT)

These Life Skills Workshops are based on Marsha Linehan's Dialectical Behaviour Therapy (DBT). The overall goal of DBT skills training is to help individuals change behavioural, emotional, thinking and interpersonal patterns associated with problems in living. DBT Life skills group modules include Mindfulness, Interpersonal Effectiveness, Distress Tolerance and Emotional Regulation. These modules run consecutively throughout the year.



Tuesday mornings and afternoons



1.00pm - 3.00pm



Footprints Groups Room
31 Thomas Street
WEST END

Contact to confirm commencement dates



DAILY LIFE SKILLS GROUPS



SUCCESSFUL LIVING

A group for PIR and NDIS participants to develop living skills to increase their own capacity to be self-reliant, independent and confident.

Areas covered include: budgeting, housing, self-care, communication, socialisation, nutrition, meal planning, interpersonal skills and conflict resolution.



Thursday mornings in eight (8) weekly block



10.00am - 12.00pm



Footprints Groups Room
31 Thomas Street
WEST END

INTERNET CAFE

Keen to learn some basic internet skills, or be supported in using current technology. Our Internet Café provides a place to learn, ask questions, explore, and just socialize with others. We also talk about the news and seek to complete the daily crossword. some socialising and creative fun.



Wednesdays



10.00am - 12.00pm



Footprints Light Street Centre
24 Light Street
FORTITUDE VALLEY

COOKING SKILLS

Would you, or do you know of someone, who would like to learn some new skills while enjoying social interaction? Our Living Skills - Cooking on a Budget group starts soon and is the perfect way to learn some new recipes and meet some new people.

The best part is that at the end of each session, we take the time to enjoy a delicious lunch together.



Wednesday mornings in eight (8) weekly block



9.30am - 12.00pm



Footprints Light Street Centre Kitchen
24 Light Street
FORTITUDE VALLEY

MAN MADE COLLECTIVE

The Man Made Collective is a weekly group designed to encourage social interaction, while enjoying different experiences in the community.

It is a group that meets every week on a continuous basis. Every three months the schedule is set for the ongoing events.



Thursdays



9.00am - 2.00pm



TBC

WORKING IT OUT

This group aims to support participants to develop and maintain the skills to gain and maintain employment (paid or volunteer) by building on the following skills:

- Confidence/self-esteem – looking at their strengths, self-talk – negative to positive
- Interviews – strategies before and during interview (mindfulness, deep breathing)
- Social skills/team building activities
- Resume/interview advice
- Budgeting – to help financially until employed or what to do with extra income
- Communication – assertive communication, conflict resolution
- Goal setting



Thursday mornings in six (6) weekly block



10.00am - 11.30am



Footprints Groups Room
31 Thomas Street
WEST END



SOCIAL / RECREATIONAL GROUPS



TOUCH FOOTBALL

The Touch Football program is a casual and social game of touch football that promotes healthy lifestyles and physical activity through social inclusion and community development. Bring friendly and fun-loving attitude! Everyone is welcomed to participate regardless of skill level.



Tuesday mornings - only breaks for public holidays



10.30am - 12.30pm



New Farm Park - Soccer Fields
(next to the library)
NEW FARM

MUSIC GROUP

Love to sing a few favourite songs and share the experience with others. Join us on Thursday mornings as a volunteer leads us with her guitar in singing a few older songs and some more popular songs. No need to be a skilled singer – it is about enjoying and having fun with music.



Thursdays



10.00am - 12.00pm - morning tea followed by singing at 10.45am



Footprints Light Street Centre
24 Light Street
FORTITUDE VALLEY

FRIDAY FANTASTICS

This Centre Based Social Group involves clients, mostly under 65, with mental health conditions, attending our Centre at Light Street. Clients can enjoy a range of activities that provide physical and mental stimulation, social engagement with others, opportunities for contribution, and emotional support. These may be self-directed and or with the support of staff and or volunteers. We hold special themed events throughout the year, and there are occasional outings. Sharing in morning tea and lunch times provides opportunities to catch up with friends.



Fridays



10.00am - 2.00pm



Footprints Light Street Centre
24 Light Street
FORTITUDE VALLEY

CENTRE BASED SOCIAL GROUPS

Centre Based Social Groups involves clients attending our Centre at Light Street. Clients can enjoy a range of activities that provide physical and mental stimulation, social engagement with others, opportunities for contribution, and emotional support. We hold special themed events throughout the year, and there are occasional outings. Sharing in morning tea and lunch times provides opportunities to catch up with friends.



Mondays and Tuesday



10.00am - 2.00pm



Footprints Light Street Centre
24 Light Street
FORTITUDE VALLEY

TAI CHI

Clients have the opportunity to experience gentle exercise - good for balance, focus and calming. Facilitated by Golden Dragon Tai Chi Academy.



Wednesdays - school terms only



9.30am - 10.30am



Carina PCYC (Police-Citizens Youth Club)
27 Narracott St
CARINA

STEP BY STEP

Step by Step is a weekly group who come together to reap the many benefits of regular exercise.

It's an opportunity to meet new people, encourage each other to reach new fitness goals, and feel supported in working towards your own goals, step by step.



Fridays



Morning session - times change depending on the season. Contact us for more information



Meet at:
Footprints Light Street Centre
24 Light Street
FORTITUDE VALLEY

GARDENING GROUP

The West End Pocket Community Garden comes together, twice a week to enjoy a spot of gardening while contributing to the community. Community gardening is more than simply growing food. It is also a way to grow a sense of place in the community.



Tuesdays and Fridays



10.00am - 1.30pm



Meet at:
Bunyapa Park
Vulture St
WEST END

ARTS CREATIVE

Arts Creative allows you to have the opportunity to explore their artistic talents. We provide some materials, you can provide your own, or there may be a contribution requested for materials. There will be occasions when the 'artists' will visit different locations to be inspired. Artwork created may be displayed in the Footprints Annual Art Exhibition, and or completed knitting pieces donated for appropriate causes.



Mondays



10.00am - 12.00pm



Footprints Light Street Centre
24 Light Street
FORTITUDE VALLEY



Contact us to discover the Footprints difference



www.footprintsinc.org.au



07 3252 3488



PO Box 735 | New Farm | QLD | 4005
Fortitude Valley | West End | Strathpine
Caboolture | Logan

