



# ACTIVATE PROGRAM: Program Topics

Gladstone ♦ Rockhampton ♦ Mackay ♦ Bowen

Check, Connect, Evaluate & See

## Activate 8 Week Program Overview

Topic	Topic Detail
<i>The weakest Link</i>	Dealing with isolation, disconnection and frustration/transience
<i>Why we are where we are</i>	Health & well being, drugs/alcohol, stress and mental health issues
<i>I am scared of the dark</i>	Developmental stages and ages of children and teenagers
<i>Close the door behind you</i>	Dealing with relationship challenges and breakdown
<i>I didn't sign up for this</i>	Communication stages and challenges & negotiating change
<i>There's no place like home</i>	Relationship/family intimacy and connection
<i>Are we there yet?</i>	Helpful tools for ongoing family and self assessment to build resiliency
<i>Love 'Mine' Family</i>	Visioning and scaffolding the future – time for family celebration.

- ✓ Skills and educational based program developed for mining families
- ✓ Facilitated by Specialist Professionals
- ✓ Telephone, Online and login access to Amovita Consultant between weekly program sessions
- ✓ Each family receives an iPad with course materials and for communication with their Amovita Consultant

KEEPING YOUR WORKFORCE CONNECTED & STRONG