



## CoCare Human Relations Program

The Human Relations Program delivers innovative educational groups to young people aged 8-25 with Intellectual/Learning Disabilities.

The eight week groups are run both at Merri Community Health Services Vic Place site in Coburg and in mainstream Secondary and Primary Schools, Special Schools, Special Developmental Schools, Day Programs and other community settings in the Northern and Western regions of Melbourne. CoCare educators also conduct information sessions for parents, professional development workshops for teachers, support workers and other service providers, as well as providing secondary consultation and referrals.

### General Program

CoCare offers general Human Relations group programs for young people aged 12 - 25 years old.

Topics include:

- Body Awareness
- Puberty
- Relationships
- Public and Private
- Conception
- Contraception
- Appropriate Social-Sexual Behavior
- Relationships and the Law

- Social and Friendship Skills
- Managing feelings
- Protective Behaviors

### Puberty Education Program

The Puberty Education Program has been designed to provide information to young people in a fun and interactive group environment which will support a positive transition into puberty. These groups are single sex.

Topics include:

- Body awareness
- Body changes
- Public and Private
- Appropriate Touch
- Protective Behaviours
- Feelings Identification and Management
- Periods and Menstrual Management (girls only)
- Managing ' sexy' feelings, erections and wet dreams (boys only)

To be eligible for a group program the young person must be identified as having an Intellectual or Learning Disability or be on the Autism spectrum. Although many young people who attend the groups are registered with Disability Client Services (DHS) or attend a Special School this is not a prerequisite. Mainstream schools are welcome to book a group for students who are part of an integration program or are experiencing difficulties with learning. Schools and organisations can make a group booking directly with CoCare educators as can parents and community workers who are wishing to make an individual referral.

For more information about CoCare Human Relations Program please call (03) 9355 9900 or email [youthhealth@mchs.org.au](mailto:youthhealth@mchs.org.au)