

# Girls With a Purpose

Narrabri and District Community Aid Service  
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Lifehouse Project Inc, a community organisation based on the Gold Coast developed a program called "Girls With a Purpose" this program is designed to prevent the issues attributed to low self-worth, this 10 week program works with adolescent young women aged between 13-17 years.

The program focuses on young women that are vulnerable to and often experience, low self-worth and a lack of purpose, and assist with the development assets that help young people to be healthy, caring and responsible.

Using strength-based games, activities and discussions, the Girls With a Purpose program develops the participants assets and helps them gain a positive identity and a sense of purpose.

The girls that were referred to the program had been identified by the school as having low self-esteem and/or presenting risk behaviours including disengagement from school.

The girls arranged a 100 club and fundraised, as well as some assistance from Narrabri and District Community Aid and Best Employments Community Support Service assisted with funds to help run the program.

[www.lifehouse.org.au](http://www.lifehouse.org.au)



*"Today I learnt not to let anyone bring me down"*

*"Today I learnt not to put myself down"*

*"Today I learnt that you don't judge people until you get to know"*



*"Today I learnt that jealousy gets you nowhere, and that if you always have fun and try to get along with people"*

*"Today I learnt to respect not only myself but others"*

