

## OTHER ACTIVITIES

### HANGOUTS

A casual drop-in style space that provides a fun and low commitment way of engaging with the Mish, where you can connect socially, and enjoy a range of games and activities.

**When:** Weekly, Thursdays

### STEPPING OUT

Stepping Out supports young people to connect with peers and develop a range of social and emotional skills in an outdoor environment. Across the nine weeks, young people will look at two-way communication, practicing mindfulness, the importance of teamwork, self-efficacy, and other social and emotional life skills while utilizing the wonderful outdoors.

**When:** Apr - May, Wednesdays



## DISCOVER SESSIONS

Throughout school holidays we have various short courses to learn a particular skills or become involved in a group project. Sessions are held during the day and go for approximately 3-4 hours.

Discovery sessions usually have a 'make to sell' focus so participants have opportunities to sell at a Mish Market.

**When:** School holidays

## CONTACT

For more info, to get involved or to make a referral please contact The Mish team:

**Phone:** (03) 6335 3004

**Email:** [youth.referrals@citymission.org.au](mailto:youth.referrals@citymission.org.au)

**Address:** 9 Killafaddy Rd,  
St Leonards, Tas 7250

**Website:** [www.citymission.org.au/youth](http://www.citymission.org.au/youth)



**Facebook:** @themishcrew



**Instagram:** @themishcrew



EMPOWERING  
YOUNG PEOPLE &  
BUILDING  
BRIGHTER FUTURES

YOUTH  
SERVICES

LAUNCESTON



# WHAT IS THE MISH?

The Mish is City Mission's hub for youth and young adult services, offering programs for young people who may be withdrawn from peers, family and friends or disengaged from education or employment.

Through mentoring and non conventional learning experiences, The Mish supports young people aged 12-25 years to build confidence and develop important skills to sustain work, education and a healthy lifestyle.

Located in St Leonards, just past Hobler's Bridge and operating during school terms, we offer a safe, inclusive, welcoming space where everyone is valued. Program times and details are available by contacting The Mish team.



# CREATIVE PROGRAMS



## CRAFTERNOONS

Let out your creative energy in our freeform art space to create at your own pace. Find a cosy spot to work on your own project, or get involved with some of ours and learn alongside mentors and other participants.

**When:** Weekly, Thursdays

## QUEST

Go on a quest to discover your new favourite craft over two terms! Each 1-2 weeks you will learn a new craft and complete a small project working alongside Mish Mentors and Community Makers.

**When:** Weekly, Mondays

# MENTORING

Mish Mentoring pairs positive role models with individuals who may require extra support navigating life's hurdles.

Our mentors and chaplains create safe, non-judgemental relationships, assisting young people to work towards their goals and dreams.

Mentors typically meet with clients on a weekly basis for about an hour and can even organise to meet on-site during school hours.

