

WHAT TO EXPECT AT A PROGRAM?

You may be a little nervous about attending a Corrective Services New South Wales program.

All programs are run in a supportive environment, by trained facilitators. They are there to guide you through the activities you will do as part of your group.

The groups are small and you'll talk with each other and work through activities together.

When you arrive, you will need to sign in and then you'll take a seat in a circle with the other participants.

Sitting in a circle makes it easier to talk to each other.

Everyone in the group have one thing in common. You have been selected as someone who will benefit from taking part in this particular program.

The first thing you will do as a group is decide on a set of group rules. These make sure that all group members know what is expected of them throughout the program, including respectful behaviour and the confidentiality of the group.

Throughout each session you will need to listen to each other and follow the facilitators as they guide you through information and activities.

The activities are designed to help you see problems from different perspectives and practice new ways to act when you're in risky situations. You're encouraged to listen, learn and ask questions if something is unclear.

Getting the most out of the program is up to you.

For more information, see the TAP website.