



Professional online facilitated group work and support.

This is a mental health positive safe space for individuals, carers and supporters to connect, learn and share experiences through live video chat.



Luminous Steps demonstrates that talking about our relationships and circumstance with others who have shared understanding is a powerful and cathartic tool for wellness.

We are committed to providing you with a useful and facilitated group environment that allows you the opportunity to invest your time talking with others who share your motivation to improve your health.



Buried in Treasures Group

This 15-week online group works through the book *Buried in Treasures. Help for Compulsive Acquiring, Saving, and Hoarding* by David Tolin, Randy O. Frost, Gail Steketee. A copy of this book will be sent to every participant when signed up to the group.

Our Buried in Treasures group is for people that are interested in decluttering their homes in the company of other people who have the same goal. It's for people that acknowledge that their collections are getting in the way of a happy life, and that they are ready for a new and spacious chapter in their lives, with room to move and grow!

Meeting weekly online for two hours sessions, our facilitators will support the group collective as we follow the key goals and exercises set out through the book. We will then have a supportive group chat as individuals reflecting on our experiences doing the work during the week.

Strides

A health and wellness program for people with mood-related disorders

STRIDES is a 6-week program designed for people that are interested in introducing healthy behaviours such as movement, healthy eating and relaxation strategies into their daily lives, however feel limited due to psychosocial barriers. Our aim is to give you the tools to be active, mindful and confident in your everyday life, both at home and in the community.

The sessions will take place once a week in a group environment and will be run by an Occupational Therapist with firm foundations in rehabilitation, fitness and general wellness. Our OT facilitator will identify the goals and limitations of the group collective, which will form the basis of the program. You will learn about various topics, such as incorporating more movement into your daily routine, how to be active within the comfort of your own home, how to manage exercising in the community ("Walking with confidence") and how to develop a positive and holistic mindset to your own health and wellness.



Feeling Connected

This 6-week on-line facilitated group delivers positive outcomes for participants through examining key themes of wellbeing and establishing links to community participation.

Combining positive behaviour strategies and community actions using a narrative therapy style, this group is open to curiosity, group led appreciative inquiry and exploring as a group our themes through micro motivational interviewing.

We will be looking at traditional recovery themes of hope, personal responsibility, education, self-advocacy, support and developing these ideas into a vital way to create and hold community space and form strategies for ongoing, fluid connections into our local environment.

Active Wheelies

Active Wheelies is a 6-week online program designed for people using wheelchairs who need to regain confidence in the interaction between their mind and body, utilising their wheelchair and home environment.

Our program is designed for people that are stable in their condition and are interested in improving their physical health. The classes will take place in a group environment and will provide you with exercises and strategies to gain and maintain strength and joint integrity, therefore helping you with your functioning around the home.

The group will meet online once a week for a one-hour workout session. Our OT facilitator will identify the needs and limitations of the group collective, which will form the basis of the exercise program. The OT will explain and demonstrate the exercises before every workout and will continue to support and correct the group members throughout the class. After each class, the group will touch base and reflect on their experiences and difficulties of doing the exercises outside the class. Every discussion will take place in a safe and judgement-free environment.

We Tell Our Story

For individuals living in the community with a disability. This group is designed for creative and dynamic individuals who would like to connect to like-minded people.

We Tell Our Story is for individuals who want to explore the dynamics around public space and community access for those living with a disability; who want to develop and document their personal journey around access and equality in design. This facilitated group will go on a narrative journey together, collecting and celebrating stories, and developing a project that will be delivered through photo journaling and mixed media, ultimately producing a unique short film product that will document the groups experiences with community space, providing a collective shared story. Designed to run for 6 weeks, this group has the potential to be an ongoing collective.

MoMENTum

Support group for male wheelchair users

MoMENTum is a regular online support group for men with physical disability at risk of social isolation due to impaired mobility and / or environmental barriers. This group offers an opportunity to discuss themes of masculinity and disability whilst feeling a part of a larger community.

The group will meet online once a week for a one hour group session. Our Occupational Therapist facilitator will support the group collective as we discuss the ins and outs of being a male with disability in a society still adhering to traditional masculine norms such as self-reliance, dominance and strength. Our group will explore your own personal journey in this framework and provide a forum to support one another to cope with feelings of loss of independence and change in identity, and to discuss strategies to manage self care, relationships, work and leisure pursuits.

These discussion take place in a friendly and judgement free environment. Whilst we will be addressing serious and sensitive topics, humor does not only have various health benefits but also helps overcoming the initial hurdle of sharing intimate thoughts and experiences. So bring your sense of humour and be prepared to have a laugh.

Selfcare for carers

Fostering Emotional Resilience.

Selfcare For Carers is designed for individuals who have been carer for a considerable length of time. It is a space for people who through providing comfort and support to others have found themselves isolated and disconnected. The group aims to be a bridge through sharing the resourcefulness of its members, and a safe place to discuss topics that are difficult for the wider community to identify with.

This group looks at identifying opportunities for self care, and to join with others to share strategies for a more resilient future. This group combines strong narrative elements as we unpack what it is that allows us to hold our space as individuals, and how the capacity to nurture and develop our emotional resilience is an imperative part of our ability to continue to care for our loved ones.





**SUPPORT
COORDINATION**



**SPECIALIST
SUPPORT COORDINATION**



**INDIVIDUAL
COUNSELLING**



**SPECIALIST POSITIVE
BEHAVIOUR SUPPORT**

NDIS Registration Groups Offered

- | | |
|--|---|
| 104 High Intensity Daily Personal Activities. | 124 Communication and Information Equipment. |
| 116 Innovative Community Participation. | 125 Participation in Community, Social and Civic Activities. |
| 117 Development of Daily Living and Life Skills. | 136 Group and Centre Based Activities. |
| 106 Assistance in Coordinating or Managing Life Stages, Transitions and Supports. | 128 Therapeutic Supports. |



Contact:

www.luminoussteps.com.au

Email: sarahwalker@luminoussteps.com.au