

Bump Curriculum 2019

30 Mins – Workshop

60 Mins – Mentoring and Snacks

30 Mins – Mentor Support Session / Young Mum Catch Up time



Bump is a 20 week mentoring program for young mums 23 and under. In addition to mentoring, fun activities are offered to fit the weekly themes (* these may vary between programs). Bump is free, snacks are supplied and onsite babysitting is provided so mums get some much needed 'time out'.

Term 2 Week 1	Info and Orientation getting to know everyone		Welcome Back mentoring catch up time	Term 3 Week 1
Week 2	Me & You all about me & you / questionnaires		Skill education options	Week 2
Week 3	Jitters mentor & mentee matching		Money time management / organization skills	Week 3
Week 4	Us mentoring time / commonalities		Earn employment skills	Week 4
Week 5	Dream what I want to do / be / have		My Rights legal / housing / supports	Week 5
Week 6	Health nutrition / exercise / sleep		Hope mental health stuff	Week 6
Week 7	Chick media myths / gender stereotypes		Support mentors from our life / other supports	Week 7
Week 8	Listen communicating better		Review evaluation / successes	Week 8
Week 9	Friend healthy relationships		Farewell goodbyes / redefining relationships	Week 9
Week 10	Celebrate Reflections	© Copyright 2019	Graduation celebration event	Week 10