

# 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, after school during school terms

## 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:** Weekly, after school during school terms



# SCHOOL HOLIDAY PROGRAMS

Throughout school holidays we have various short courses to learn a particular skills or social activities to promote connection.

Check in with the team to see whats on offer.

**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:** The Ark  
9 Killafaddy Rd,  
St Leonards, Tas 7250

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

Referrals can be made directly from our website



**Facebook:** @themishcrew



**Instagram:** \_the\_mish\_



EMPOWERING  
YOUNG PEOPLE &  
BUILDING  
BRIGHTER FUTURES

YOUTH  
SERVICES

LAUNCESTON

 **CityMission**

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The Mish is City Mission's hub for youth and young adult services, offering programs for young people who may be withdrawn from peers, family and friends or disengaged from education or employment.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



## CREATIVE PROGRAMS

The Mish has an awesome creative arts program that everyone can enjoy.

Let out your creative energy and participate in a wide variety of creative arts such as cooking, sewing, drama, woodworking, painting and more!

These programs are run as small group sessions of up to 8 young people at a time.

**When:** Weekly, after school during school terms

Contact the team for more details about our latest program.

# 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.

