

THE BLOOM PROJECT



Overview

One Door is proud to have received major funding to continue the Bloom Project. A program that supports women survivors of domestic and family violence (DFV) to rebuild their sense of dignity, confidence and self-esteem.

Goal

The project goal is to help women regain control of their lives by providing non-clinical support and facilitating increased economic independence and social connectedness via recovery principles of hope, healing, and empowerment. As a continuation from previous support group, we will offer group sessions and activities in a safe and positive coaching environment.

Program activities aim to:

- Promote emotional safety.
- Restore choice and control.
- Facilitate connection with other women and the community.
- Support and build coping skills.
- Build strengths and resilience.

About One Door Mental Health

One Door Mental Health is a leading mental health service provider specialising in severe and persistent mental illnesses. The services we offer are supported by over 37 years of experience, making us the NDIS mental health experts.

Over half of our team have lived experience giving us unmatched expertise in mental health. Our community creates a safe place that connects people. Our advocacy work is putting an end to stigma and makes the voice of the people we support stronger every day.

Through One Door, people living with mental illness and their families can find an inclusive community, innovative services. Creating a world in which people with mental illness are valued and treated as equals is at the heart of everything we do.

About International Women's Day Illawarra

International Women's Day (IWD) is celebrated around the world each year on 8th March to acknowledge the gains women have made over the years, and to bring to our attention the issues that still face us. Most of all, it is a day to celebrate and recognise the difference and achievements that women have made and continue to make.



Framework

For a **6-month** period, the program will offer support services **twice a month** through a group setting, within the Illawarra Clubhouse and in the community. Activities aim to improve wellbeing, resilience, build capacity and develop connections to support their recovery and wellbeing.

An intimate group of up to **10x women with a lived or living experience** will help create a more supportive environment and help to easily tailor activities and discussions to the specific needs and goals of individual participants. To achieve this, the Bloom Project activities are aligned with four key pillars recovery principles of hope, healing, and empowerment and connection:

- **Hope** - Provide information about the positive effects of better self-esteem on the individual's mental health and psychosocial situation through topical discussions and coping strategies.
- **Healing** - Explore opportunities for learning formal and informal life skills that many women aspire to achieve independence.
- **Empowerment** - Female leader role models to share their journey and inspire the group.
- **Connection** - To encourage members to engage with each other in a positive way to promote collaboration and reduce feelings of isolation and loneliness.

Activity Schedule

A total of 12 activities are planned for the program over the 6-month period with a possibility of an additional group running subsequently.

The program will kick off on the 6th of June with an empowering talk by Rebecca Moulds - Disability Focus Worker at the Womens Domestic Violence Court Advocacy Service.

	1	2	3	4	5	6
	Jun	Jul	Aug	Sep	Oct	Nov
Empowerment - Motivational Speakers (x2)						
Rebecca Moulds	6-Jun					
Speaker 2 - TBC				TBC		
Healing - Introductory workshops and Life Skills for Independence (x2)						
Career Building/ Tafe Wollongong TBC			TBC			
Dress For Success/ Interview Preparation						TBC
Hope - Topical discussion and coping strategies (x2)						
Facial Moisturiser & Eau De cologne with Kim		10-Jul				
Healing Balm with Kim					9-Oct	
Connection - Fortnightly Outings (TBC)						
Walking groups, Cuppa & Chat, Outings						
Meet & Greet	TBC					
Pinot & Picasso		TBC				
Activity - TBC			TBC			
Activity - TBC				TBC		
Activity - TBC					TBC	
Activity - TBC						TBC

EOI

One Door is currently seeking 10x women from Wollongong/Illawarra region with a lived experienced of domestic family violence to participate in our Bloom Project.

The program will offer group sessions and activities in a safe and positive coaching environment, where participants can connect with other women and develop coping skills.

If you or someone you know could benefit from this program, please contact natalie.krkovska@onedoor.org.au.