



Who may benefit from Bro Code?

Bro Code is aimed at young men aged 15 – 19 years.

This is a crucial period in young men's lives. Some members are about to leave school or home and others have already done so. The benefits of group therapy are largely from group interactions. This presents the opportunity for members to learn from each other and engage in mentorship.

Group members can expect to learn ways of moving closer to their goals and developing greater autonomy over their lives.



When

Wednesdays 5:30PM – 7:00PM
Fortnightly

Where

- Solutions for Life
- Offsite
- Online via Discord

Bro Code.

Independence-Oriented Group Program

15-19 Year Old Males



Address

28 Bardwell Drive, Willow Vale QLD
4209

Contact Us

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What is Involved?

During meetings, the group will share a meal and discuss a specific topic each week. The primary aim is to hear from each other and share some laughs along the way. The shared experiences offer opportunities for members to reflect on their goals and how they can move closer to them.

Between groups, members are encouraged to join the Discord and chat with each other online.

Every fourth meeting is a group outing. They are fantastic opportunities for members to have fun and in some cases test the limits of their comfort zone. Group outings may involve going bowling, to a restaurant, or to a park.

Topics Include

- Assertiveness
- Careers & Job Searching
- Hosting Guests
- Men's grooming
- Transportation
- Friendship Groups Outside of School
- Diet & Cooking
- Hobbies
- Extremism Online
- Romantic Relationships