

EXPRESSION OF INTEREST

Trek Learning Centre is a not-for-profit organisation dedicated to transforming lives through immersive re-wilding programs and nature-based therapies, harnessing the healing power of the natural world to foster personal growth and wellbeing.

Please let us know what programs, camps or workshops you are interested in.

TREK THERAPIES- Healing Recovery Journeys

The 5 Acre Project

\$7770 per term (70p/h)- 9 x weeks - Thursday & Friday Weekly (one-day session pricing also available)

5 Acres is designed to address the complex needs of young people aged 14-18 facing a range of significant personal barriers. The 5 Acre Project works through therapeutic, recovery frameworks in a natural farm environment to address the impacts of mental ill-health, childhood harm, difficult behaviours, inequalities due to disability & neurodiversity to support young people from a strengths-based approach to recovery, ensuring strong mental health and wellbeing, positive community connections, self-efficacy & personal capability.

5 Acres includes individual 1:1 case management and wrap-around support for each participant with a minimum of 1:2 staffing for program delivery.

Life Links

\$4180 per term (\$70p/h) 9 x weeks - 1 day per week

Life Links is a therapeutic, farm-based program designed to address the impacts of disability, developmental trauma, ill-mental health, behavioural issues & disengagement for children aged 7-11 & 12-14.

Life Links focuses on building the regulatory capacities, social skills, and personal resources children need to experience success both within our program and beyond

Life Links includes individual 1:1 case management & 1:1 staffing for program delivery ensuring vulnerable children and young people's needs can be met within recovery, strengths-based and healing frameworks.

Individual Therapy

\$175 per session - 1 ¼ hour /\$1750 per term

Working with the frameworks of creative therapy, play therapy, art therapy, EMDR, animal-assisted therapy, person-centred therapy, vestibular, proprioceptive, neuroceptive and bi-lateral therapies for the recovery of developmental trauma impacts, PTSD, eating disorders, suicidality, self-harm, anxiety, depressive disorders, grief, shame and negative self-beliefs experienced by children, young people or adults with unresolved childhood harm.

Wilderness Wisdom

Term program \$2650- 9 after school sessions

For children, young people and adults: Trek's bush-crafting programs teach fire lighting skills using flint and steel, bow-drill and other traditional methods, string & rope making from bush fibres (bark, grasses, blackberry and more), shelter making, fire cooking, water purifying, sun & star navigation, knot tying, cordage & basket weaving work.

Wilderness Wisdom is a bushcraft program that transforms young lives through hands-on wilderness skills, building confidence, resilience, and deep environmental stewardship by connecting young people with nature, sparking the discovery of inner strength & and developing essential skills and responsibility with a wide range of tools.

Participants learn essential survival techniques—fire making, shelter building, water purification, and food gathering—alongside traditional crafts like carving, rope making, and creating beautiful handmade tools. These skills develop patience, problem-solving, self-reliance and trust while fostering profound respect for our natural world.

Beyond the practical knowledge, Wilderness Wisdom cultivates leadership, teamwork, and environmental consciousness. Young people emerge with newfound autonomy, deeper connections to nature, and the confidence that comes from mastering skills that have sustained humanity for generations.

Wilderness Wisdom offers lasting empowerment and a deep humility that comes from living harmoniously with and taking care of oneself and the natural world.

In-Home Therapy & Therapeutic Life Story Work

Trek's home-based therapy allows us to bring professional mental health support directly to children and young people in their most comfortable environment—their home. Our approach is specifically designed to remove barriers that might prevent access to essential therapeutic services.

TLSW is a significant 6-9 month intervention for those who have trauma impacts, disrupted childhood stories, conflicted parental experiences and who have ongoing survival behaviours that ultimately get in the way of their potential success in other spaces. TLSW rebuilds a child's story in a triad with the child, the parent or carer and the therapist.

TLSW is deep, transformative work for those who have significantly fragmented stories due to childhood removal, adoption, family death or childhood harm.

TREK EXPERIENCES- Wild Transformative Adventures

RITES OF PASSAGE

IGNITE: Pathways to Healthy Masculinity

4-day camp \$3850 per duo

For adolescent boys and their dad or significant adult male.

Boys to Men is a rite of passage camp providing boys with the opportunity to step forward into young adulthood with a clear vision of who they want to be, to develop the necessary skills for healthy, happy, respectful relationships with themselves and others, to have access and comfort in a wide range of emotions, to have a vision of healthy masculinity and their place of belonging within that, to embrace their power and their vulnerabilities and match freedom with responsibility.

Boys to Men offers a contemporary rite of passage for each young person ensuring they are witnessed and seen as they step beyond the threshold of childhood into healthy young adulthood.

BLOOM: Pathways to Healthy Womanhood

4-day camp \$3850 per duo

For adolescent girls and their mum or significant adult female.

Girls to Women provides a safe environment where girls can explore, understand and embrace their power, build healthy relationships with themselves and others, find a sense of belonging, and connect with their authentic selves. Girls to Women offers the opportunity to explore strength, play, health and wellbeing, leadership, future dreams, the masks women wear and a deep re-connection built on trust and understanding between mothers or significant women and girls.

Girls to Women offers a contemporary rite of passage where each girl is witnessed as she formally leaves childhood and steps over the threshold of healthy young adulthood.

BLOSSOM: A pre-menarche mother-daughter celebration 8-12 years

Setting the stage for girls to develop self-love and awe for themselves & their bodies. An extraordinary weekend experience for mothers and daughters to embrace the coming of the next season with positivity, knowledge & empowerment in an environment of fun, beauty and celebration.

SPARK: A father-Son Reconnection Experience (ages 8-12)

Preparing boys for the coming adolescent years by grounding them in connection, play and belonging. A joyful weekend where fathers and sons deepen their bond and lay strong roots for future confidence, resilience and integrity

CAMPS

Wilderness Wisdom

Overnight camp- \$2350

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RESET

16-days- \$10,350

16 teenagers over 16 days disconnect from technology & everyday distraction to reconnect with themselves in an immersive off-grid experience. Participants build their own society from the ground up, developing teamwork, responsibility, a deep bond to each other & a strong sense of pride. Teens discover their own and each other's inner strengths and gifts through meaningful challenges, are each seen and valued for their authentic selves and develop the capability to make the necessary contributions that support and sustain an off-grid society. Through shared work, community building, and guided reflection, RESET fosters resilience and self-discovery that participants carry forward with them for the rest of their lives.

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NDIS

Our NDIS programming domains ensure we can meet the needs, support the goals and address the barriers experienced by each individual across the categories of:

- Daily Living
- Home
- Health and Wellbeing
- Lifelong Learning
- Work
- Social and Community Participation
- Relationships
- Choice and Control

Trek Learning Centre's camps, programs, STA and 1:1 interventions sit within Core and Capacity Building purpose, including the following registration groups:

0102 Assist Access/Maintain Employ

0107 Assist-Personal Activities

0108 Assist-Travel/Transport

0115 Daily Tasks/Shared Living

0116 Innov Community Participation

0117 Development-Life Skills

0118 Early Childhood Supports

0120 Household Tasks

0125 Participate Community

0128 Therapeutic Supports

0133 Spec Support Employ

0136 Group/Centre Activities

*** All programs and services are subject to GST unless delivered through the NDIS**

REGISTRATION DETAILS

Participant name: _____

Participant contact number (if appropriate): _____

Participant age & DOB: _____

Primary carer's name): _____

Primary carer's phone number: _____

Primary carer's email: _____

Referring party/organisation: _____

Contact person: _____

Referring party's primary contact information: (Ph) _____

(Email) _____

(U 18's) Is the participant currently attending or engaging with school? YES / NO

(U 18's) Name of current or most recently attended school: _____

I/ we are seeking to enrol _____ in Term _____ program, 202__.

I/we understand there is a fee for all programs. YES/ NO

I/we are able to pay the service fee for the young person. YES/ NO

I/we require support in accessing funding for the young person. YES/ NO

I/we understand this is an expression of interest to engage in a program & that a current place may not be immediately available. YES/ NO

NDIS PARTICIPANT INFORMATION:

NDIS Provider/partner: _____

NDIS Support & invoicing contact: _____

NDIS participant number: _____

NDIS Line Item Number: _____

I/we understand it is not the responsibility of Trek Learning Centre to support or ensure NDIS funding is available. YES/NO

We look forward to working with you to ensure children, young people, families & individuals experience genuine success, opportunity, health, wellbeing and growth in their lives.

**If you want to check the health and wellbeing of your teen- take Trek's 5-minute quiz:
'How to Raise a Healthy, Connected and Responsible Teen'**

<https://trek-learning-5tcfkj38.scoreapp.com>

For further information, please go to www.treklearningcentre.org a

If you would like to arrange a tour or further information, please contact our team:

admin@treklearningcentre.org