

## Broome PCYC

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8<sup>th</sup> February 2023

### Letter of support for Joyful Minds Training

To whom it may concern,

This is a letter of support for the application for funding for the Joyful Minds Training program created by Mrs Joy (Chrissie Silveira). This mindful and meditation program is of great benefit to young people we work with and the community. Broome PCYC would look forward to collaborating in the future so this program can be delivered at our Centre to benefit the at-risk young people who attend nearly every day.

Broome PCYC is a much needed and well-loved part of the community. A vast range of activities are offered to children, young people, and adults, from diversion programs to alternative education and recreational activities. Well known for its safeSPACE program, Broome PCYC is a favourite after school and evening hang out for young people, with a vast range of activities from basketball to football, cooking, help with homework and excursions.

With up to 70 young people attending the after school safeSPACE program, it would be especially beneficial for our at-risk young people an opportunity to be able to engage in a mindful program such as this. They would learn how to gain a new perspective on stressful situations, increase self-awareness, build skills to manage their stress and focus on the present. These tools will help them remain calm and reduce their anxiety.

Broome PCYC supports the need for Joyful Minds Training to be funded so they can be delivered to at-risk young people, who are in desperate need for these tools and skills to be able to navigate life and we would provide the space and young people for this to take place.

Please feel free to contact me if you have any queries.

Kind regards,

Claire Gregory  
Centre Manager – Broome  
WA Police & Community Youth Centres (PCYC)

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