

Find Your Voice with The EmpowerED Program



“Nothing about us, without us”

About the EmpowerED program

The EmpowerED Program is a social and sexual education and advocacy program that has been co-designed **by** people with cognitive disability **for** people with cognitive disability. The EmpowerED Team create a safe and inclusive space for people with cognitive disability and their support networks to talk and learn about respect, rights and relationships.

We cover topics including consent, types of relationships, being safe online, LGBTIQ+ community, reproductive health, partner and sexual violence and reporting sexual assault. All program sessions are led by Peer Educators and are supported by a Counsellor Advocate.



Key partners in the project include *Gippsland Disability Advocacy Incorporated*, *Federation University*, and the *Department of Social Services*.



EmpowerED employs people living with cognitive disability to bring their lived experience expertise as Peer Educators who facilitate our programs.



Together with 15 years of experience, we work to help people with cognitive disabilities learn about respect, rights and safe relationships.



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Alisha Gilliland
Program Manager
0455 021 138

Teegan Redpath
Program Coordinator
0460 004 999

or contact us via **5134 3922** or
empowered@gippscasa.org

Find Your Voice with The EmpowerED Team



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About Us

We are an education and advocacy team who facilitate educational programs and community events through collaboration with people with cognitive disabilities in all aspects of our work. By placing people with cognitive disabilities at the centre of our work, we work together to discuss, share, and learn about Respect, Rights and Relationships, building confidence, community and empowerment.



Alisha is the Program Manager. Alisha has worked at Gippsland Centre Against Sexual Assault for 4 years and has been involved in respectful relationships education and working alongside people with disabilities for over 20 years. Alisha loves being part of groups and sharing conversations about consent, respect and choices.

Teegan is the EmpowerED Program Coordinator. She supports the Peer Educators to deliver the EmpowerED Program and manages the group to make sure everyone is okay. Teegan has worked with neurodivergent people and young people with disabilities in a number of different settings for the last 11 years.



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