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CREMORNE POINT

# Breaking the cycle

## SUPPORTING TEENAGE GIRLS

**Chris Walker**

FOR nine years Louise Moule has helped disadvantaged and at risk teenage girls to break the cycle of trauma and thrive as young adults.

The Cremorne Point local has been a team leader with the Life Changing Experiences Foundation's SISTER2sister program for the past six years, and before that she was a Big Sister herself.

The initiative provides a 12-month mentoring and risk-management program where the young girls are matched to a stable female role model from the community.

Ms Moule said the program targeted girls at risk

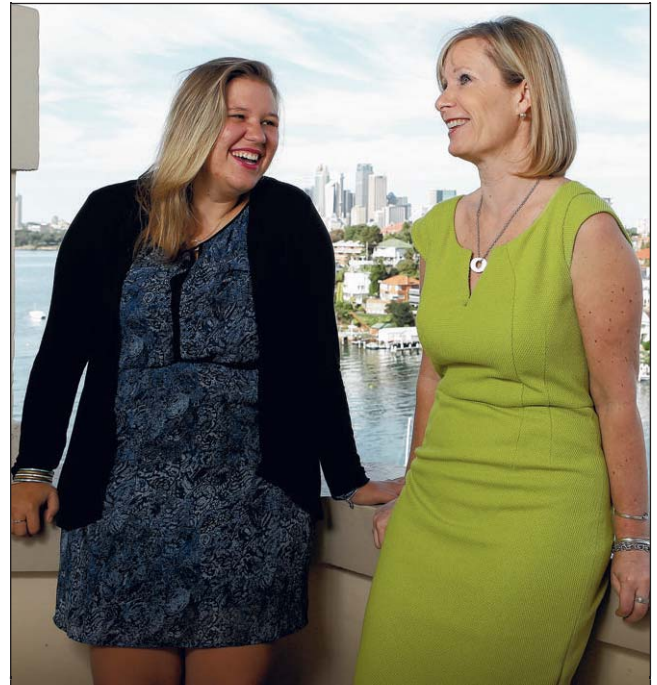
due to trauma, abuse, addiction, mental illness, sickness, disability or family breakdown.

"It can be very confronting and distressing to see these beautiful girls going through difficult issues," Ms Moule said.

She said it was vital to equip the Big Sisters with the skills to handle the role and likened the process to those on a plane being told to put their on oxygen mask on first before helping others in an emergency.

The Big Sisters and Little Sisters are introduced at a four day boot camp, where they cover everything from goal setting, budgeting, exercise, and diet.

Details: go to [lifechangingexperiences.org](http://lifechangingexperiences.org).



**Louise Moule chats with former little sister Heather Louise Miller, 19.**