



ONLINE MENTORING – 2020 INTAKE

We are very pleased to announce our online mentoring groups for 2020.

Each group includes up to 9 "mentees" led by three experienced I CAN mentors in a safe, engaging, supportive environment. The current support ratio is 1:3 (one staff member to 3 mentees) and please note that not all sessions will have full attendance by mentees for numerous reasons such as special occasions or previous commitments.

Our program is designed to ensure that even if you miss one session, it will not have an impact on subsequent sessions.

Our online mentoring groups, which help participants **build confidence and social connections**, draw upon our very successful and highly acclaimed school-based and community-based mentoring programs and adapt them to the comfort of a home setting. All of our groups are offered on a mixed gender basis.

*In 2020, we will be offering **four aged range online mentoring groups (6 weekly sessions in total)** at the time slots below for the following cohorts:*

9-11-Year-Olds (Imagination Club-Non Autism Specific*

Monday 6:50-7:50pm AEST

10 to 13-Year-Olds

Mondays 6:50-7:50pm AEST

13 to 15-Year-Olds

Tuesdays 6:50-7:50pm AEST

16 to 20-Year-Olds

Wednesdays 6:50-7:50pm AEST

Please note that currently we are only offering groups for age ranges 9-20 years of age on the above mentioned days and time slots only, this will not change in the first half of 2020.

***Please see below for further information about the Imagination Club.**

We also run specialised groups, please ensure you sign up to our newsletter on the home page of our website to keep updated on all of our new and specialised programs (e.g. Harry Potter, AFL, LGBTQA+, Employment)

I CAN NETWORK

PO Box 356

ASHBURTON VIC 3147 ABN 63 608 173 100

online@icannetwork.com.au



All of our mentors have extensive experience as school-based, camp and online mentors and are particularly passionate about working with Autistic young people and young adults. To date, all of our online mentoring team are Autistic.

We have found that the online mentoring delivery model can be a very effective way to bring the **positive messages and powerful mentorship model of the I CAN Network** to participants who are navigating school life and post-school paths.

Our engaging group mentoring sessions, which take place for one hour each week via live video conference, allow participants to connect with others who will understand and accept them while developing strategies for managing changes, challenges and opportunities that can arise as an Autistic young person/young adult.

To be considered for any of the small group programs above, the below conditions need to be met and accepted:

- Currently in one of the age cohorts specified
- Located in Australia
- Aware that they are Autistic, unless participating in the Imagination Club group
- Comfortable engaging online and understanding that this may provide some sensory challenges for individuals who are sound sensitive as the online environment may prove to be noisy in some sessions.
- Willing to take part in a group activity in the evening (this can be difficult for some individuals who need significant "down time" in the evening, so please consider preferences and needs)
- Can attend the allocated day and time- this is not flexible nor will change for 2020 (Please be aware of daylight savings timings).
- Are aware that an EOI form has been submitted and are willing to participate.
- Understand that a cancellation policy is in place and is willing to accept its terms upon acceptance of a spot.
- Will need to be able to abide by our ICT terms and conditions that ensure online safety and positive cyber participation.

KEY PROGRAM DETAILS

TIMING

Weekly group mentoring sessions will run for 6 weekly sessions, if your cycle date includes school holidays, please note that sessions still run through this time, however we will not run on the week coinciding with a public holiday. We run new cycles roughly every eight weeks and currently have 6 Intakes per year.

Each online session will run for one hour at a consistent time each week, for the duration of 2020 each session runs between 6:50-7:50 PM AEST.

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COST

\$252 for a 6-session program

\$125 for a NDIS progress report at completion of program (optional)

NDIS

We have had many families who are self-managing under NDIS or plan managed who use their funds to cover the cost of online mentoring. Please note we do not provide specific line numbers and most families will use funds from Core Funding due to its flexibility. We will invoice for the full six weeks.

If you have elected to receive a report at the end of the program, it will be invoiced separately; program invoice will be sent post Week 2 and report Week 5. Please note that your report may take a few weeks post program due to the sheer number we write up. Our staff will take notes on individuals who require a report during each session.

MENTORS

Each group is directed by a lead mentor and assisted by another experienced I CAN mentor. In some groups, we might add a third mentor trainee as part of their professional development. All of our online mentoring teams include at least one Autistic mentor, and in most cases, both/all of the mentors involved are Autistic. Currently all of our mentoring staff are Autistic.

PLATFORM/TECHNOLOGY REQUIREMENTS

All online sessions are held in a private video conferencing room using ZOOM (www.zoom.us). Zoom is compatible with various operating systems and is accessible via computer, tablet or mobile devices (as a free download).

<https://support.zoom.us/hc/en-us/categories/200101697-Getting-Started>. Additionally, we acknowledge that many of our participants experience anxiety prior or during sessions and we are very understanding and flexible, we allow video and/or audio off, and Zoom has a chat function that allows communication with the group via typing. There is no fee to use Zoom as we are running meetings. It is a free download.

We recommend testing the Zoom link ahead of schedule to ensure that it works on the preferred device. Please contact us if you need assistance with the Zoom platform.

STRUCTURE OF THE SESSIONS

Above all, the sessions are designed to be a respectful, safe place for young people/young adults to connect and be accepted and celebrated for who they are. The mentors invest a lot of time each week in coming up with angles and content that will resonate with the specific "mentees" in their group. Although the sessions are very fluid, they do tend to follow a certain general order each week.

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As with all I CAN programs and our team meetings, sessions open with "Good News Sharing," followed by some sort of engaging "ice breaking activity" designed to draw mentees in and highlight their interests. The thrust of the sessions center around a particular theme, presented in a way that invites engagement, including: building friendships; managing change and challenges; getting organized and navigating classes; managing stress/pacing yourself; building confidence/believing in yourself. Our mentors will also ensure that there is sufficient time to address questions and themes that the mentees raise.

IMAGINATION CLUB

Imagination Club Online is based on our very successful school-based programs for students in Upper Primary. It is not necessary for a participant to have an Autism diagnosis; the group is designed to accommodate students who have not yet received a formal diagnosis, are not yet aware that they are Autistic, are different in some other way or simply need additional encouragement and support. Autistic participants are also welcome to take part, although unlike our other group programs, there are no explicit themes around Autism or being Autistic (rather, the emphasis is on embracing differences more broadly). Remaining themes are similar to those in our other online groups.

OFFERS & CONFIRMATION OF PARTICIPANTS

Submitting an Expression of Interest form is the gateway for being considered for an online group , <https://www.icannetwork.com.au/online-group-mentoring/>. You will be contacted as soon as a space is available in the group you have preferred.

CURRENT AND PREVIOUS PARTICIPANTS

If you are a current or previous participant, you will need to re-fill in this Expression of Interest form to be considered for another online group: <https://www.tfaforms.com/4755893>

ACCEPTING AN OFFER

You will receive an email from online@icannetwork.com.au informing you that a spot has been made available. The email will outline how many days you have to respond to the offer before the offer is passed on to another individual. It is important to check your spam folder as unfortunately at times our emails will end up there.

You need to accept or decline the invitation, the process is outlined in the offer email. Please ensure that the participant has been asked before committing to a spot.

If you wish to accept, please fill in the online service agreement and familiarise yourself with the cancellation policy. You will receive a second email with the final logistical information including Zoom links, session prompts and staff allocations closer to the start date.

Please note this information usually comes within one week prior to the sessions as we have many families to bring onboard and formalise groups and staffing.



WAITING LIST

Those who meet the participation criteria but do not receive an offer for the next available group will automatically be placed on a waiting list in the order that your Expression of Interest was received. We will contact you when the first space becomes available in a new program cycle.

CANCELLATION, POLICY & WITHDRAWING

Please note that we have a strict cancellation policy in place for our program. We understand that certain circumstances may arise which means withdrawing from the program, however we are proud employers of Autistic individuals and we are unable to replace a participant spot with very short notice or once a program has commenced. Please familiarise yourself with the policy that is at the end of the document.

Parents are responsible for monitoring their child's attendance, due to the large amount of groups running at one time. Please email us if your child will be absent or if there are any other problems or concerns.

PARENT GROUP

Tuesdays 6:50-7:50pm AEST

The Parent Group is an online 6 week program featuring Chris Varney and one of our parent Network Leaders, Kristie; it aims to assist and empower parents to adopt a I CAN attitude and learn valuable skills in navigating your parenting autism journey.

The cost of the Parents group is \$300 for the 6 week program. If you are interested going on the waitlist for this group, please submit an Expression of Interest here: <https://forms.gle/P7YGg2fE4MK2>

FOR FURTHER QUESTIONS

If you have further questions not covered in this document, please reach out to online@icannetwork.com.au.

I CAN NETWORK LTD. CANCELLATION POLICY

No charge if notice of cancellation is given 10 days prior to commencement of Session #1

I CAN Network will not charge the participant if they provide notice of cancellation 10 days prior to commencement of the Online Group Mentoring start date.

\$125 administrative fee if notice of cancellation with less than 10 days notice

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If less than 10 days notice has been given to withdraw completely from the Online Group Mentoring program an administration fee of \$125 will be payable.

\$125 administrative fee if notice of cancellation given after Session #1

Participants who withdraw from the Online Group Mentoring Program within 48 hours after Session #1 (participant has either completed the first session or did not attend but did not provide 10 days notice) will incur a \$125 administration fee.

Full \$252 charge applied if notice of cancellation given 48 hrs after Session #1

Participants who withdraw 48 hours after Session #1 will be required to pay the full amount (\$252). Please note for NDIS participants, a cancellation fee can be claimed against a participant's plan for the full amount.

Participants who miss a single session will forfeit that session and no refund or reduction in invoice amount will apply.

Missed sessions (partial attendance)

If the participant misses a session, you are still required to pay the cost and you will not be offered a discount or a replacement session.

If you do not contact us within the prescribed time limits as listed above and do not attend any sessions you are still liable for the cost due to us having to pay staff and running of the programs.

Note for NDIS Participants:

A cancellation fee may be charged against a participant plan and the full program fee can be claimed even if there is no attendance.

If the participant misses a session, you are still required to pay the cost. If you do not contact us within the prescribed time limits as listed above and do not attend any sessions you are still liable for the cost.

If you are unable to draw from NDIS funds for whatever reason, you will be personally responsible for the costs of the program.