



# YaFT Sailing On 2013

Issue 1. May 2013



**W**elcome all Sailing On/YaFT supporters to our inaugural e-newsletter...



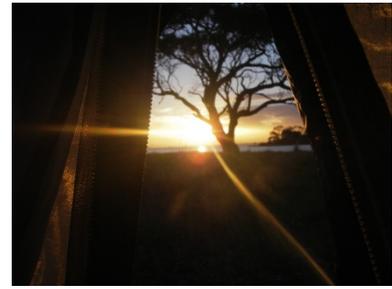
Thank you for your care and support you have offered to us and therefore the young people we have had the privilege of working with through Sailing On this year. The journey has been quite amazing so far with many significant shifts occurring in young people's lives during and after the Sailing On expedition.

Fears were confronted, healthy strategies to cope discovered, explored and utilised. Friendships were formed whilst learning skills such as; sailing, cooking on camp stoves, coping with 10 people for eight days in close quarters, spending time alone reflecting, how to keep sand and dirt out of your tent and sleeping bag, and how to share that tent with another for a number of nights!

*One of the many stories involves the young man in this picture. He was very fearful of the boat capsizing and over the first few days struggled with real panic if the boat even slightly moved from side to side. Here he is pictured later on the trip standing up looking out across the stern of the boat, relaxed and in full control of the tiller! This took much challenging of self, talking and support from others. He was up to the challenge and has learnt so much more about himself and just what he is capable of, awesome! The challenge is now to ensure that new self-knowledge is integrated into his everyday life.*



Personal stories, along with exciting and peaceful times were shared on the boats, walking through the bush and sitting around the camp fire, watching the sunrise and chatting over a meal. In creating a safe space the young people were able to look at their personal goals squarely in the face and work hard towards them, knowing they had a safe place and group to care for them.



*Morning view from a tent ☺*

This particular group was reflective and hence the theme became 'Reflection'. Each day was a combination of sailing, walking, caring for self and each other sprinkled with reflective activities designed for both individual and group work. The young people took full advantage of these times and the results have been wonderful to observe☺.



*Solo time*

*Walk & talk*

*Sailing*

*Reflections*

*Discovery*

*Woo Hoo!*

## Where to from here?



*Comely Bank Retreat House*

We are completing the program with a follow up camp on the 19<sup>th</sup> to 21<sup>st</sup> of June at a retreat house just outside of Healesville. This will be a time of reflection, some more adventures; snow play if there is some, initiative activities and exploring the local bush and a time to consider how we can continue with the discoveries about ourselves within our families, schooling and work lives back in Melbourne.

**F**inally, thank you so much for your prayers, encouragement and financial support that has been generously shared☺. Please continue to pray for the young person that you have supported as they continue their lives and work towards integrating the changes they have made.

The support you have offered has made this journey possible and so enabled these young people towards realising the amazing potential and gifts that God has given them. May God bless you and give insight as to how to continue in your prayers for these amazing young people.

Peace,

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