

The CONNEXION



Your link to
what's happening

June | 2026

 WHITEHORSE
Youth
Connexions



WHITEHORSE Youth Connexions

Enjoy news, events and all round amazing things for young people. Brought to you by the Whitehorse Youth Connexions team in collaboration with our incredible partners!

We provide fun and informative content for young people on our social channels - scan the QR code to find us and follow along!



@youthconnexions
youth.worker@whitehorse.vic.gov.au
Phone: 03 8873 9140





CREATIVE WHITEHORSE



Youth Workshops

Youth Pottery Wheel

What: In this workshop you will learn fundamental wheel-throwing techniques, including wedging, centering and forming vessels. Whether you are a beginner or looking to build on your skills, this workshop is for everyone.

Who: 12-18 year olds

When: Sunday 14 June 2026 10:30am-12pm

Where: Box Hill Community Arts Centre

Tickets: \$55

Manga Drawing for Kids and Teens

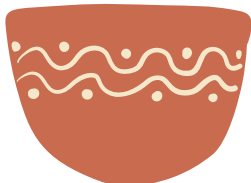
What: In this fun and creative course, you'll learn how to plan, draw and finish your own manga-style comic. Perfect for young artists who love drawing, storytelling and comics! All materials included.

Who: 9+ years old

When: Sunday 14 June and 21 June 1pm-3pm

Where: Box Hill Community Arts Centre

Tickets: \$80



Help make the Music Careers Expo happen!

The Push is looking for young people aged 15 – 17 years interested in a career in music to volunteer to support the delivery of their Music Careers Expos.

Participants will attend workshops before the expo to learn more about event management and what it takes to put on an event like the Music Careers Expo.

Participants will then play a role on the day in making the expo come to life, receiving hands-on experience, developing skills, and gaining valuable connections within the Australian music industry.

The volunteers will provide support across roles of MCing, stage management, doors and information, photography and videography, social media, and artist and industry liaisons.



Scan the QR code to apply.

Applications for the Melbourne, Brisbane and Perth events close 8pm AEST
Thursday 11 June 2026.



**JOIN HEADSPACE BOX HILL IN
COMPLETING 3,307 PUSH-UPS
FOR MENTAL HEALTH**

**READY, SET,
PUSH!**

The Push-Up Challenge
is back in 2026!

June 3-26



**REGISTER
NOW**



THE
PUSH-UP
CHALLENGE

Partners in Wellbeing

Partners in Wellbeing provides FREE confidential telehealth wellbeing support to the Victorian community. We assist with improving wellbeing, developing coping strategies, and providing emotional support as needed.

For more information visit www.partnersinwellbeing.org.au



Wellbeing Support



Talk to a wellbeing coach who listens and helps you understand your feelings and what's going on.



Provide emotional support and assist you in identifying strategies to better manage your stressors and improve your wellbeing.



Discover practical ways to manage stress, feel more in control and improve your wellbeing.



Support you to find and use other support services in your local area.

Connect to Mental Health & Wellbeing Locals



Assist with access and navigation for yourself or someone you know to Mental Health and Wellbeing Local Services in your region.

Eligibility

You can access Partners in Wellbeing if you:

- ✓ Are 16 years or older
- ✓ Live in Victoria
- ✓ Are going through a tough time and your usual ways of coping aren't helping

You might be feeling:

- Sad or down most days
- Struggling to cope or feeling unsafe
- Tired and low on energy
- Like things won't get better
- Nervous, scared, or worrying a lot
- like avoiding people or social situations

There is no medicare or residency requirements.

Need support?
Call 1300 375 330
or chat with us online at
Partners in Wellbeing.

We're here to support

Monday to Friday 9am - 5pm
Closed on weekends and Public Holidays



Interpreter service and translations

If you need help to understand this information, call 1300 375 330.

We acknowledge the Traditional Custodians of the land we work on and pay our respects to Elders past, present and emerging.



Partners in Wellbeing is funded by the Victorian Government and is delivered across Victoria by Neami National, EACH and ACSO.





Click [here](#) to learn about Fariya's time at STREAT.

Refugee Work Skills Program

STREAT is a job-focused social enterprise that celebrates diversity and inclusion. We proudly welcome refugee and humanitarian entrants aged 16–29 years into our Refugee Work Skills Program—a supportive pathway to employment for young people facing barriers such as:

- Language challenges
- Limited formal education
- Transport difficulties

With funding support from the Australian Government, this program provides:

- Hands-on hospitality experience
- Tailored training
- Wraparound support

Our goal is to help participants build confidence, develop practical skills, and take their next steps into the workforce with greater ease.

* This project received grant funding from the Australian Government.

SEE OVER PAGE FOR MORE INFORMATION.

FREE WORK SKILLS PROGRAM FOR YOUNG REFUGEES (16-29yrs) ON ELIGIBLE VISAS

Fun work-readiness workshops, including:

- How to talk to customers
- How to communicate with your boss
- Teamwork
- Workplace diversity and inclusion
- Workplace boundaries and your rights at work

Work experience in real cafés:

- Work in a real STREAT café
- With support
- Up to 12 x 3 hour shifts per person
- Great for your resume!

One-on-one help with:

- Writing your resume and cover letter
- Find jobs online
- Practicing for interviews
- Setting your work goals

Cost: FREE

Transferable work-readiness skills such as:

- Motivation
- Healthy Routines
- Money management
- Presentation
- Time management
- Teamwork and cooperation
- Genuine work experience to put on your resume
- An updated professional resume
- Individually tailored goal setting and action plans
- Interview skills, including actual interview practice
- Knowledge of how to interact with customers and deal with difficult situations
- Knowledge of how to set and follow a realistic budget
- Individual assistance with job search and application for the jobs I want to apply for

ELIGIBILITY CRITERIA

Refugee or humanitarian entrant with the right to work in Australia	Check
Aged between 16 - 29	Check
Interested in working within hospitality	Check
Primary goal to work	Check
Committed to participating 3 - 4 shifts per week for 8 weeks	Check
Actively working towards substance recovery for 3 — 6 months	Check
Effective management / treatment of any mental health or other issues	Check
Low English language skills Level 1 or 2 or secondary school or lower education	Check
—	

Have one of the following visas:

- Orphan relative subclass 837 (onshore) visa and a Child subclass 101 (where the individual is from a list of humanitarian nationalities: Afghan, Central Africans, Colombians, Congolese, Eritrean, Ethiopian, Guatemalan, Honduran, Iraqi, Israeli, Myanmar, Pakistani, Palestinian, Rohingya, Salvadorian, Somali, South Sudanese, Sudanese, Syrian, Ukrainian and Venezuelan).
- Orphan relative subclass 117 (offshore)
- Refugee visa (subclass 200) In-country Special Humanitarian visa (subclass 201)
- Global Special Humanitarian visa (subclass 202)
- Emergency Rescue visa (subclass 203)
- Woman at Risk visa (subclass 204)
- Territorial Asylum visa (subclass 800)
- Resolution of Status (subclass 851)
- Protection visa (subclass 866)
- Humanitarian Stay (Temporary) visa (subclass 449)* (All visa holders (including Afghans, Ukrainians, Palestinians, and Israelis)
- Temporary Humanitarian Concern (subclass 786)* (All visa holders (including Afghans, Ukrainians, Palestinians, and Israelis)

Check

After this you can also apply for STREAT's Fast Track to Work and Paid to Work programs

HOW TO APPLY

Download information and an application from our website at [STREAT.com.au](https://www.streat.com.au) or call Youth Programs on (03) 9629 4222 or scan the QR code. We look forward to hearing from you!

SCAN THE QR CODE TO COMPLETE AN APPLICATION FORM



free food

Young people aged 15-25



WORK IT

YOUTH EMPLOYMENT PROGRAM



FRIDAY 12TH JUNE  **4 - 6:30 PM**



Ringwood Library (REALM Meeting Room 6)
179 Maroondah Highway, Ringwood 3134

BRING YOUR LAPTOP

Join MIC to learn how to navigate the Australian job market and secure sustainable employment outcomes

FREE DINNER!

- ✓ Resume writing
- ✓ Job applications

For more information, contact Rebecca in Youth

Rebecca 0432 671 260

REGISTER TODAY





Share Your Voice

Help Shape Your Community

**MIC is looking for 8–10
young people aged 15–25
to join our Youth Advisory
Group.**

MIGRANT INFORMATION CENTRE
eastern melbourne



JOIN MIC'S YOUTH ADVISORY GROUP

**(YAG) What does a YAG
member do?**

- Be involved in conversations that affect young people like you
- Help design MIC events and programs
- Tell us about key issues in the community
- Share your ideas

WHY JOIN YAG? + FOOD

- Be paid for your time
- Experience working as a team
- Gain experience for your resume
- Practice English and communication skills
- Meet amazing young people like you!

PROGRAM DETAILS

- Migrant Information Centre
- Suite 2/27 Bank Street, Box Hill VIC 3128
- Four meetings a year during school holidays
- First meeting: Monday 29 June 2026 | 2pm – 4pm

HOW TO APPLY

Applications can be completed:

- online
- by video or audio
- with support from a worker or organisation

Translation support is available.

Applications close 14 June 2026 at 10:00pm. Selection outcomes will be confirmed by 26 June 2026.



REGISTER

OR CLICK HERE



DARCY COLE: 0403 282 197 OR MIC YOUTH TEAM: 7049 1600

2026 ZOOS VICTORIA CAREERS EXPO

9 & 10 July 2026

9am – 2.30pm

Melbourne Zoo

(Elliot Avenue, Parkville)

Are you passionate about wildlife and interested in a career with animals, conservation or the environment?

This event is recommended for students in Years 9-12 who want to explore diverse careers in zoology, wildlife conservation, environmental science, animal welfare and more.

Hear from experts, including zoo specialists, who will share advice and insights into their careers. Connect with leading scientific, conservation, and education organisations and discover the wide range of courses and career pathways available to young people.

Learn more at

zoo.org.au/zoos-victoria-careers-expo/



Department of Education



Victorian Catholic Education Authority

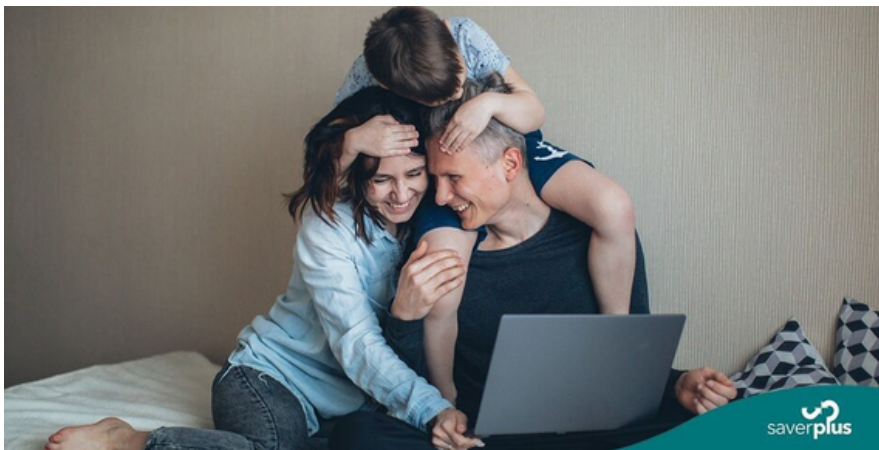


ZOOS
VICTORIA
EDUCATION



BERRY STREET

Berry Street is one of Australia's largest independent family service organisations, currently offering the Saver Plus which is a FREE 10-month financial education and matched savings program. Eligible participants receive matched savings from ANZ for every dollar they save once they have completed the program (up to \$500 for education items, such as school uniforms, computers and textbooks).





Could Saver Plus help you with your education costs?

For every dollar you save, you'll receive another dollar from ANZ to spend towards educational costs, up to \$500.



saverplus.org.au
1300 610 355





healthAbility

HEALTHABILITY

Healthability runs programs for young people including friendship groups, mindfulness youth wellbeing programs, Hobby Clubs, Girl's Hangout and Allied Health Consult Packages for schools. At schools or in clinic year round. They provide allied health supports in our multidisciplinary team for NDIS and private CDMP clients are now available immediately. in clinic at Box Hill year round



Child, youth and family services

Speech Pathology

Support to improve communication, including: Speech sounds, fluency, literacy, social skills, feeding/eating, Alternative Communication Systems

💰 NDIS, Full Fee and Medicare (CDMP)

📅 Monday - Friday

🕒 9am - 5pm

📍 healthAbility Box Hill, Eltham or Telehealth



Occupational Therapy

Support to help children participate in daily activities, including: self care skills, physical skills, cognitive skills, Kinder/ school transition skills and social skills.

💰 NDIS, Full Fee and Medicare (CDMP)

📅 Monday - Wednesday

🕒 9am - 5pm

📍 healthAbility Box Hill, Eltham or Telehealth



Psychology

Therapy and assessment related to cognitive skills, emotional and sensory regulation, anxiety and depression, learning and attentional difficulties, play skills.

💰 NDIS and Full Fee - including assessments

📅 Monday - Friday

🕒 9am - 5pm

📍 healthAbility Box Hill, Eltham or Telehealth



Box Hill: 43 Carrington Road, Box Hill VIC 3128

Eltham: 917 Main Road, Eltham VIC 3095

Phone: (03) 9430 9100

Email: contact@healthability.org.au

Website: healthability.org.au

Dietetics

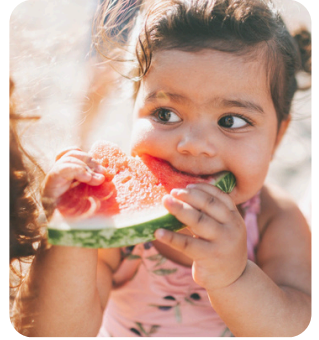
Support for children and families to make positive changes in: Nutrition and healthy eating, food behavior, weight gain/loss. food intolerances/allergies and fussy eating.

💰 NDIS and Full Fee

📅 Thursday (some flexibility)

🕒 9am - 5pm

📍 healthAbility Box Hill or Telehealth



Feeding clinic

Support from 6 months-8 years old for children who eat a limited range of food, are fussy eaters, refuse to eat or have anxiety around food. This is a multidisciplinary support with a multilingual team.

💰 NDIS and Full Fee

📅 Monday - Friday

🕒 9am - 5pm

📍 healthAbility Box Hill, Eltham or Telehealth



Parenting support

1:1 and group support for Parents around any areas of concern, including tantrums and big feelings, giving instructions, boundaries, behaviors, parenting stress, wellbeing and self care and more.

💰 Contact us for subsidy eligibility

📅 Tuesday - Thursday

🕒 9am - 5pm (Some evening courses)

📍 healthAbility Box Hill, Eltham or Telehealth



Child, youth and family services



Speech Pathology

Support to improve communication, including: Speech sounds, fluency, literacy, social skills, feeding/eating, Alternative Communication Systems.



Occupational Therapy

Support to help children participate in daily activities, including: self care skills, physical skills, cognitive skills, Kinder/school transition skills and social skills.



Psychology

Therapy and assessment related to cognitive skills, emotional and sensory regulation, anxiety and depression, learning and attentional difficulties, play skills.



Dietetics

Support for children and families to make positive changes in nutrition and healthy eating, food behaviour, weight gain/loss, food intolerances/allergies and fussy eating.



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Support from 6 months to 8 years old for children who eat a limited range of food, are fussy eaters, refuse to eat or have anxiety around food. This is a multidisciplinary support with a multilingual team.





Parenting support

1:1 and group support for Parents around any areas of concern, including tantrums and big feelings, giving instructions, boundaries, behaviors, parenting stress, wellbeing and self care and more.




Child, youth and family services

We offer therapies, groups, and programs that support your child’s development, confidence and wellbeing. If you’re concerned about their communication, social, thinking, or physical skills, our caring team can assess, diagnose, and provide tailored support.

Services					
  Speech Pathology	✓	✓	✓	✓	✓
  Occupational Therapy	✓	✓	✓		
  Psychology	✓	✓	✓	✓	✓
  Dietetics				✓	
  Feeding clinic	✓	✓	✓	✓	✓
 Parenting support		✓	✓	✓	

Services are available at healthAbility Box Hill*, Eltham, or via Telehealth, Monday to Friday, 9 am – 5 pm.

*Dietetics is available in Box Hill or via Telehealth only

- Cost**
-  NDIS, Full Fee and Medicare (CDMP) NDIS and
 -  Full Fee Services may be eligible for a subsidy.
 -  Contact us for more information.

Programs supporting inclusion, wellbeing & neurodiversity

Offered by healthAbility - tailored for schools and community settings

Brain Collab

Neurodiversity-affirming training for teachers and students. Teacher workshops and student sessions focus on practical strategies, empathy, and celebrating different brain types.

Allied Health Consult Package

Consultation support from Speech Pathologists, Occupational Therapists, and Psychologists to assist with mental health, developmental, and behavioural needs (ages 11-17). Includes observation, coaching, parent support, and resources.

Grounded

An 8-week program with workshops for teachers and group sessions for neurodiverse students. Focuses on classroom strategies, emotional regulation, and inclusive practices.

SociAbility

A fun and supportive group for Grades 5-6 and above. Builds friendship skills, reduces peer conflict, and promotes cooperation through interest-based activities.

Girls' Hangout

A creative, confidence-building group for tween girls. Supports self-expression, emotional awareness, and friendship skills through art, drama, music, and shared hobbies.

Hobby Club

A relaxed group where kids engage in shared interests—Lego, art, games, and more—while developing social skills in a low-pressure environment.



For more information

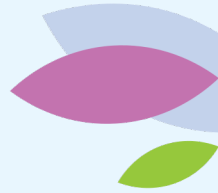
Venetia Su, Clinical

Development &
Projects Lead

9430 3146

venetia.su@healthability.org.au

After Hours Mental Health Nursing Service



Ever feel like you're not coping?

Sometimes stress, anxiety, depression or grief can be overwhelming. Our Mental Health Nurses provide a chance to talk with someone over the phone, video call, or face-to-face to get on top of things early.

The After Hours Mental Health Nursing Service can help people experiencing mild mental health issues like anxiety, stress, depression and grief.



2024
Victorian
Public
Healthcare
Awards

Finalist

We can support you by:

- Listening to your needs and concerns
- Helping you know what steps to take next
- Providing recommendations for ongoing support services
- Checking in on how things are going down the track

- This service is free of charge and no appointment is needed.
- You can remain anonymous.
- A Medicare card is not required to access this service.



Speak to a Mental Health Nurse

Over the phone: 1300 003 509 (freecall)

In person: 36 Wellington Road Box Hill

Available between:

6pm-11pm Monday to Friday

2pm-7pm Saturdays, Sundays

& Public Holidays

For more information

Email ourfriendlyteam@healthability.org.au,

or visit healthability.org.au directly

or by scanning the QR code.



If you or someone you know are in an emergency or crisis, contact 000 or Lifeline on 13 11 14.



Delivered by healthAbility and funded by the Australian Government under the PHN Program.



FAMILY ACCESS NETWORK

FAN are dedicated to helping homeless and at-risk young people, young families and LGBTIQ+ youth find secure, inclusive and safe accommodation. Early intervention leads to better outcomes. FAN are committed to providing a client-focused, rights-based approach that ensures people receive compassionate, timely and effective support.





Creative Arts Therapy

Free mental health support
for young people (12–25)



Creative Arts Therapy

Free mental health support for young people (12–25)



Sometimes words aren't enough.

Creative Arts Therapy is a no-cost program that offers a safe, inclusive space to explore your thoughts, feelings, and experiences through art, movement, music, and imagination.

You don't need any art skills — just curiosity and a willingness to try something new.

At Family Access Network (FAN), we support young people who've experienced challenges at home, housing instability, or family violence. We're proud to be Rainbow Tick accredited and have been working alongside young people for over 40 years.

Whether you're navigating stress, trauma, identity, or relationships, Creative Arts Therapy can help you:

- Understand and express emotions
- Manage your mental health and wellbeing
- Heal from trauma and difficult experiences
- Build confidence and connection

Who can access the program

Young people aged 12–25 who are:

- Experiencing or have experienced family violence or homelessness
- LGBTIQA+

This program is offered at no cost, thanks to the generous support of Family Safety Victoria.



Meet our Creative Arts Therapists



Cody Fisher (He/Him)

Cody is a queer Creative Arts Therapist with experience supporting young people navigating trauma and family violence. His work centres around holding safe, inclusive, and creative spaces for people to explore, express, and connect. Through a collaborative, person-centred approach, Cody uses therapeutic evidence and arts-based processes to help individuals give shape to what's hard to put into words.



Emily Yates (She/her)

Emily studied her Masters in Therapeutic Arts Practice at the Melbourne Institute of Experiential Creative Arts

Therapy. For Emily, Creative Arts Therapy is a way for an individual to enquire into their own experiences, emotions, and patterns of behaviour in a safe, nonjudgemental, and innovative way. She uses a person-centred approach, encouraging multimodality as a way of enquiring into identity, authenticity, and challenges.

Ready to get started?



Register via the QR code and complete the referral form.

For more info visit fan.org.au or call 03 9890 2673





Pathways to Resilience

A FREE one-on-one counselling program
for LGBTIQ+ young people (15-25) who have
experienced family violence

FAN provides trauma-informed, strengths-based support in a safe, affirming, and non-judgemental space, helping LGBTIQ+ young people who have experienced family violence the opportunity to heal, build coping skills, and move forward at their own pace.

Program details:

- Up to 10 free individual counselling sessions
- LGBTIQ+ affirming and inclusive · Youth-centred, confidential, and trauma-informed
- Available to LGBTIQ+ young people living in Maroondah, Yarra Ranges and Knox regions

Topics we explore:

Family violence

- Dynamics through queer frameworks
- Impacts within LGBTIQ+ communities

Identity and relationships

- Values and belonging
- Self-expression and chosen family

Safety and wellbeing

- Boundaries, stress management, shame

Broader context

- Intersectionality and social factors
- Navigating systems and supports



To sign up, make a referral, or find out more:, please contact FAN on 03 9890 2673 or fan@fan.org.au. Ask to speak to our Therapeutic Practitioner/Counsellor Ripley (they/them). For more information visit our website fan.org.au





EACH

Growing up can be complicated. Each offer a range of expert services for young people. Whether you need support for your mental health, physical wellbeing or other parts of your life, Each helps support you through life's ups and downs.



YOUR SPACE

Re-launching
2026

A SPACE FOR YOUNG PEOPLE AGED 12-25 TO COME TOGETHER, HANG OUT AND GET INVOLVED.

- Catch up with mates and make new ones
- Enjoy yummy food
- Play video and board games
- Get creative with craft activities and potter around in the veggie garden
- Connect with support workers when needed
- Explore advocacy and community engagement opportunities

When: Fortnightly on Tuesdays
Commencing Tuesday the 17th February

Time: 3pm - 6pm
(drop in or duck out whenever - it's super flexible)

Where: Each 46 Warrandyte Rd,
Ringwood

PRIZES &
GIVEAWAYS
including
\$50 Vouchers!



Scan for more
information



We're closer than
you think - scan
here for directions

All identities welcome,
This is a safe supported space

Each



For general enquiries, please contact
youthandfamilyvic@each.com.au



Integrated Therapeutic Community

Recovery-oriented residential mental health program for young people

Our Integrated Therapeutic Community (ITC) provides a 12-month residential mental health support service

for young people aged 16-25 years old, recovering from significant mental health conditions.

Our team of supportive youth workers will help you identify and work on your mental health recovery goals, with a range of one-on-one and group supports available to help you along the way.

"Before Each, I felt very alone. But with ITC and all the other services, I felt truly listened to. They cared about me as a whole person."

Through the ITC program, we'll support you to:

- Develop a personalized recovery plan, identifying what you want your mental health recovery to look like
- Build confidence and social skills through groups and daily interactions with other young people
- Learn daily living skills
- Build your independence, confidence and leadership skills

"It was truly life changing. ITC gave me the strength and confidence I needed to start rebuilding my life."

What to expect in the ITC program:



One on one sessions helping you identify and work towards your personal recovery goals.



Psycho-educational wellbeing group programs, helping you to learn skills to manage your mental health.



Physical health focused group programs helping to learn healthy habits; exercise, healthy eating, sleep hygiene, etc



Creative group programs where you can express yourself in a supportive environment through structured art activities.



Youth Leadership programs, where you can take a part in developing and running your own groups, and learning key leadership skills while acting as a role-model for other ITC participants

Empowering Youth

A 12-month journey in a supportive residential therapeutic community.



When life felt unbearably heavy, Ethan found it nearly impossible to rise and face each day on his own. Overwhelmed by his mental health struggles, he reached out to our Integrated Therapeutic Community – Youth Residential Recovery service.

In this nurturing environment, Ethan began to rediscover hope and strength.

With the support of compassionate professionals and peers, he learnt to build resilience, embrace self-management and reflect on his journey going forward.

Read more about Ethan's experience at the ITC on our website: each.com.au

Getting in touch:

If you're keen to come to the ITC, give us a call to discuss next steps; and book in a time for you to visit and check out the program.

Box Hill ITC: (03) 8892 4200 **Wantirna South ITC:** (03) 9800 1499



Youth Outreach Recovery Support (YORS)

YORS helps young people aged 16–25 whose mental health makes it hard to deal with life’s demands, like caring for yourself, staying connected, or keeping up with work or study.

YORS meets you where you are, at home or in your community. Together, we’ll set goals to help develop your skills to improve your mental health and build resilience to manage life’s ups and downs.

How we help

Short-to-medium term outreach support that’s tailored and flexible.

Webring support to you - face to face sessions in your home, a cafe, or a local park etc or by phone and telehealth. Support is usually offered for 3 to 6 months with longer periods offered case-by-case.

Practical, mental health and wellbeing support

Learn about your mental health, ways to care for yourself.

Connect with others, access services you need like Centrelink, or find a youth-friendly GP.

Explore study options, get help to find work or activities.

Build independent living skills, like setting routines, budgeting, or meal planning.

Practice strategies for real-life situations, like using public transport or going out with friends.

Group programs – therapeutic, art or lifestyle activities.

Build stronger connections with your family, carers or partner and friends.

Link parents, or carers with services that support them

Work closely with your supports and other services to help you achieve your goals.

Supporting pathways with Youth Residential Recovery (YRR) programs.

YORS is a mental health program that does not offer crisis or clinical services.

Is YORS for me?

YORS is for young people who:

Are **16 to 25 years old** Live in **Knox, Maroondah, Yarra Ranges, Monash, Manningham or Whitehorse** (Victoria) Have a diagnosed mental health condition or experiencing symptoms/psychological distress for **six months or more** and need extra support for their wellbeing and recovery.

How do I access YORS.

There are safe ways you can connect with us, whatever feels easiest for you:

- **You can reach out yourself.** It's ok if you don't have a formal mental health diagnosis.
- **Someone else can refer you too.** With your consent, a family member, carer, teacher,


"I am feeling the best I have in years. I am not afraid of the future anymore, I know I will be able to handle it"

YORS participant


Need YORS but live somewhere else in Vic? Each provides intake for other YORS programs. If you're a young person needing YORS and live in one of the areas below, get in touch and we'll help connect you to YORS in your area.


- Darebin and Whittlesea
- Nillumbik, Banyule, Boroondara cities
- Greater Dandenong, Casey, Cardinia

For more information or to make a referral:

 1300 003 224

 YORSintake@each.com.au

 www.each.com.au Monday to

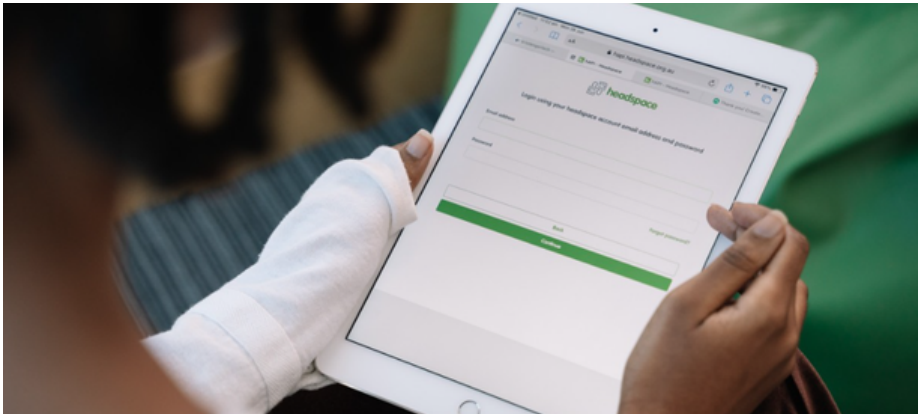
 Friday, 9am to 5pm

The Youth Outreach Recovery Support (YORS) is a state-wide program funded by the Victorian Government.



HEADSPACE BOX HILL

headspace Box Hill has a team of dedicated and passionate youth health professionals who are here to support you. These include youth mental health practitioners, peer practitioners, community engagement workers, adolescent health nurses, alcohol & drug workers, GP's and private practitioners.



headspace Box Hill

free & low-cost services for 12- 25 year olds

Mental Health

Intake Assessment-Meet & Greet

Get to know the young person, assess their needs, goals and preferences for support. Discuss the most appropriate support from the following options

Brief Intervention

6-8 counselling sessions

Peer Practitioner

Support from a lived experience worker

Private Practitioner (\$33 Gap Fee)

Requires GP Mental Health Treatment Plan (6-10 sessions)
Provided by Allied Health Professionals

Session By Session

A stand-alone session as required

Single Session Family Consultation

Young person & family consent to this session



Physical Health

Youth Nurse

Physical health advice & support
Sexual health advice & support



Referrals

headspace Box Hill

free & low-cost services for 12- 25 year olds

Work & Study

In Centre

1-on-1 support with a consultant from Open door at headspace Box Hill for support with job hunting, CV writing and short courses for career progression

Online

headspace Work & Study provides tailored 1-on-1 online support with a Work and Study Specialist accessible from anywhere in Australia via video calls, web chat or phone.



Alcohol & Other Drugs

Partnership with YSAS

Facilitate referrals to YSAS to provide support around alcohol and other drug supports

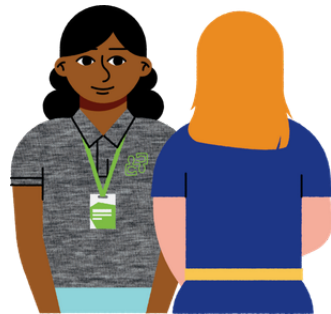
Online Only

eheadspace

Connect with a mental health clinician anonymously and confidentially, one-on-one, 1-on-1 for young people and their families.

MOST

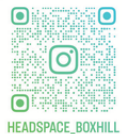
Therapeutic content, cartoons, activities and practical strategies all available online. MOST also offers, safe, moderated online community discussions.



Community Engagement

Community Engagement Officer

- School workshops
- Community events
- Groups for young people
- Youth Reference Group (YRG)
- Programs for parents & carers
- Check out our socials for event updates



headspace

HANGOUT

THURSDAY FORTNIGHTLY
3:30-5:30PM TOTALLY FREE

A casual drop-in group for ages 12-25
headspace Box Hill
Level 1, 19-23 Prospect St, Box Hill

NEW THEME EACH FORTNIGHT
ONGOING
GAMES, NINTENDO SWITCH, CRAFTS
AND SNACKS AVAILABLE



headspace
Box Hill

Tuning in to Teens



Emotionally Intelligent Parenting

A six-session parenting program for parents of children aged 12-18 years

Would you like to learn how to:

- Be better at talking with your teen?
- Be better at understanding your teen?
- Help your teen learn to manage their emotions?
- Help to prevent behaviour problems in your teen?
- Teach your teen to deal with conflict?

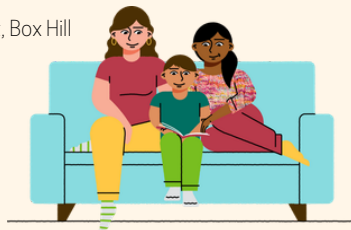
Tuning in to Teens® shows you how to help your teen develop emotional intelligence. Adolescents with higher emotional intelligence:

- Are more aware, assertive and strong in situations of peer pressure Have greater success with making friends and are more able to manage conflict with peers Are more able to cope when upset or angry Have fewer mental health and substance abuse difficulties
- Have more stable and satisfying relationships as adults
- Have greater career success

Expression of Interest Now Open

Follow the QR to sign up for our EOI group, which will receive updates as we announce programs throughout the year.

- 📍 headspace Box Hill
Level 1, 19-23 Prospect St, Box Hill
- ☎ 9810 9310



Register Here

OUR PROGRAM



The Good Life Farm offers a tailored program that contributes to the health and well-being of young people.

Our trauma-informed practice operates in the presence of animals and nature. We help young people create bonds with animals and nature, and transfer these skills to their relationships with other people.

Our life and skills program focuses on interaction, caregiving and connection to not only the animals. It also focuses on the environment, family and community.

All our staff are trained in trauma informed practices.

Life and social skills



3 staff to 6 young people



Structured ten week program



Young people aged 7 to 17

One on one support

One on one support can be provided on request.

This provides the young person with a dedicated staff member and a program that is tailored to individual need.

Contact us directly for more information.

Intensive support

Young people that need additional support may access Dare to Dream Psychology services located at the Good Life Farm.

For more information or to book directly, see the [Dare to Dream Facebook page](#).

Who do we help?

The Good Life Farm offers programs for young people aged 7 to 17 who:

Young people aged 7 to 17 who:

- Show symptoms of trauma, including depression and anxiety
- Are on the autism spectrum
- Have attachment, engagement, or social connectedness issues
- Demonstrate antisocial behaviour or drug and alcohol misuse
- Are experiencing grief or loss
- Would benefit from an alternative educational setting
- Need a break from the traditional educational setting

How to apply

Many of the young people who attend our programs are referred to us by our partner agencies. These agencies may be able to help cover the cost of our programs. If you do not have a relationship with these agencies, we are happy to discuss other options with you.

To find out more, contact our office and book an appointment to see the farm. Your trip through the farm will help assess whether the farm is a good fit for you and your young person.

Program fees

Standard participation (2:1 ratio): \$350 per day / \$3,500 per 10 week term

Individual Support (1:1 ratio): \$510 per day / \$5,100 per 10 week term



About the farm

The Good Life Farm Social and Life Skills Program has been operating since 2005. It is underpinned by psychological theory and incorporates trauma-informed approaches while participants engage in animal and nature assisted education. It is an evidenced based program delivered by allied health and trained professionals from diverse backgrounds.



Contact us

568 Chum Creek Road,
Chum Creek Victoria 3777

Phone: 0432 620 919

Email: admin@goodlifefarm.org

Web: goodlifefarm.org

The Good Life Farm Limited (ABN 60 166 003 854) is a self-sustainable farm that provides a trauma-informed services for young people experiencing emotional or social challenges.

It is registered with the Australian Charities and Not-for-profits Commission (ACNC) as a charity and operates under a governing constitution.



Social & Life Skills Program



About our program

The Good Life Farm Social and Life Skills Program is designed to help young people aged 7-17 years experiencing emotional or social challenges.

Within a safe, supportive space, participants engage in experiential learning, including:

- farm and animal interactions
- nature-based experiences
- team building and social engagement
- outdoor physical activities.

The program is evidence-based, trauma informed and delivered by allied health and trained professionals from diverse backgrounds.

Program fees

Costs differ depending on support requirements. For our current program fees, visit the website.



Proven results

We believe in our program so much that we sought out an independent evaluation.

The evaluation results concluded that, within one term, our participants demonstrate:

- improved mental and emotional health
- improved sense of self
- improved peer functioning
- improved sensory functions
- reduced negative and damaging behaviours.

For young people presenting with developmental, behavioural and mental health challenges, our program helps with:

- relationship building
- social skill development
- regulating emotions
- self-awareness and self-care
- independence, confidence and self-worth
- building resilience.

Covered by NDIS

Our program meets the current NDIS legislation and is eligible for coverage under NDIS plans.

Program details

The Good Life Farm Social and Life Skills Program runs Monday through Thursday during school terms.

Each participant attends one day per week from 9:30 am to 1:30pm. Group sizes generally range between 6 to 8 participants per day.

Standard support provides 1 staff member for every 2 participants. 1:1 support is available as deemed necessary.



WHITEHORSE
**Youth
Connexions**

Outreach Program!



**Have you heard of
our FREE Outreach
Sessions?**

Whitehorse Youth Connexions Team offers outreach programs for Schools and Community, including:

- Breakfast Club
- School Lunch time or recess
- Special Event
- Collaboration with youth organisations & community
- a tailored activity
- a flexible approach - tell us what you need!

What is Outreach?

Designed to meet young people where they are in their community. Supported by friendly youth workers, we it easy to access support, from fun activities to life's challenges. Outreach activities include snacks and drinks, youth information, engaging activities and fun stuff! For more info contact the YC team: email youth.worker@whitehorse.vic.gov.au or phone 03 8873 9140

BE AHEAD OF THE GAME

Talking to teens about gambling

Why it's important



Teens form attitudes towards betting before they can legally bet.



Just because you don't gamble, doesn't mean your kids don't.



1 in 3 Victorian secondary students have ever gambled. 1



Gambling shows up in their video games and social media.



Kids who are introduced to betting at an early age are more likely to experience problems with gambling as adults.



Helping teens understand the realities and risks of gambling can reduce their risk of having problems with gambling as adults.

Be an influencer

Even if you don't realise it, your gambling behaviour sends a powerful message to your teens. When parents allow teens to gamble, it's the reason why they start gambling on their own and develop problems with it. The good news is, simply talking to teens about gambling is one of the best ways to protect kids from developing gambling problems as adults.



Key messages



- If you gamble, you are far more likely to lose.
- Betting companies make huge profits.
- Gambling works on the rules of probability - rely on people losing money
- the odds of winning don't change the longer you play or the 'luckier' you feel.
- Gambling products like pokies and betting apps use psychological tricks to make you spend more. Inducements like bonus bets, multi bets, and cashbacks are designed to make you spend more
- Video games include gambling-like features like loot boxes that encourage players to spend more time and money than is sometimes healthy or safe.
- Gambling ads want you to believe that betting is fun, harmless, and that everyone wins.
- They never show people losing or the harm it can cause.

Conversation tips



Listen actively

Start by asking what they think about gambling and listen to their thoughts and experiences without judgement. Let them know it's safe to talk openly about the topic, even if you disagree with them.



Talk about the harms and risks

Explain the risks and consequences of gambling instead of just saying 'don't do it'. Empowering teens to make informed decisions for themselves will have a longer lasting positive impact.



Choose the right time

Find opportunities to talk about gambling in everyday life - such as in the car, when gambling ads pop up, or when loot boxes appear in their video games.



Small but regular doses

Lots of short but regular conversations are better than one long one. The message won't get exhausted and your teens will learn that they can talk to you about gambling anytime.



Challenge the ads

Unpack gambling ads together. Identify the manipulative tactics used to make betting seem normal and risk-free. For instance, only showing people winning. Question the use of humour and imagery to appeal to young people and why betting companies are so keen to target them.



Encourage healthy alternatives

Some people turn to gambling or gaming to escape negative emotions or relieve boredom. Encourage kids to take part in activities that provide entertainment and excitement without the risks of gambling.



Lead by example

If you gamble, try not to expose your kids to it. Avoid giving scratchies or lottery tickets as gifts, placing bets on their behalf, getting their help to pick 'lucky numbers', or letting them access your online betting accounts.

Get support

Worried that a young person in your life is struggling with gambling? Call **Gambler's Help** on **1800 858 858** or visit **gamblershelp.com.au** for advice on how to support them.



For more information, visit **beaheadofthegame.vic.gov.au**



BE AHEAD OF THE GAME

Gambling awareness workshops
for secondary schools



How your school can get involved

Victorian secondary schools can book any of our free Be Ahead of the Game workshops. Online or in-classroom, our interactive workshops are tailored to each year level and delivered by highly experienced community educators who specialise in educating young people about gambling risks.

Choose from our free, 1-hour workshops for:

Students

- **Know the score (years 7-12)**
Helps students think critically about the risks of gambling and examines the factors that influence their attitudes toward gambling.
- **When gaming meets gambling (years 7-12)**
Explores the increasingly blurry line between gaming and gambling, helping students stay healthy, happy and safe.
- **Your money matters - Financial literacy (years 9-12)**
Helps students develop financial literacy skills while understanding the negative consequences of gambling.

Parents and carers

- **Talking to young people about gambling**
Focuses on the issue of young people and gambling and provides parents and carers with practical advice on how to talk to young people about it.
- **Talking to young people about gaming**
Helps parents understand the way gambling has been integrated into gaming, and the risks of exposing young people to gambling-like features such as loot boxes, social casino games and microtransactions.

Teachers

- **Support your students to think critically about gambling**
Provides teachers with an understanding of the youth-related issues associated with gambling and gaming and offers strategies for developing a whole-of-school approach to the issue.



Scan to
book a free
workshop.



beaheadofthegame.vic.gov.au

What is Be Ahead of the Game

Be Ahead of the Game is a free school education program helping secondary school students think critically about gambling. Informed by latest research, the Victorian Government program not only teaches young people about the risks and realities of gambling, but supports parents, carers and educators to talk to kids about gambling.

What Victorian teachers and students are saying about Be Ahead of the Game workshops

Teacher survey results



99% of teachers* said they would recommend Be Ahead of the Game student workshops to other teachers/schools.

*Based on surveys of over 244 teachers in 2023/4.

Student survey results



Percentage of students* who said they had a 'good' or 'very good' understanding of:

- **where people can go to get help for gambling harm** is between **89% and 94%**
- **the signs that someone is experiencing gambling harm** is between **87% and 92%**
- **how gambling can affect someone's wellbeing** is between **90% and 95%**
- **how gambling can affect a community** is between **85% and 94%**

*Based on surveys of over 7,000 students who completed a Be Ahead of the Game workshop in 2023/4.

Quotes from teachers

Such an important topic for students to consider and be educated about. The presentation was at the level of the students and there was lots of chat between students on what they were learning about.

Great to have a presenter who knows about the topic and can engage students in it.

An eye-opening presentation exposing students to new information and concepts.

The presentation was a good length for students and utilised a variety of methods to keep the session engaging and appropriate.



For more information and to book a Be Ahead of the Game workshop, visit beaheadofthegame.vic.gov.au
Or contact us at beaheadofthegame@health.vic.gov.au

WHITEHORSE YOUTH VOICE



An Exciting New Way to Get Involved

Have your say. Be Heard. Shape your Community.

Whitehorse City Council is launching Youth Voice of Whitehorse - a new initiative to amplify the voices of young people aged 12-25 years and make it easy for you to get involved.

As part of Youth Voices, you can:

Share your thoughts through surveys, focus groups, online meetings or creative projects.

Help design events, programs and services for young people.

Give feedback directly to Council and community leaders.

Get Involved - Your Way

You will join a database of young people who will be notified of opportunities to have a say.

You choose how and when to take part.

Join in when it suits you - it's about what works for you.

Ready to Join?

Just email us at: youth.worker@whitehorse.vic.gov.au

If you have further questions, feel free to phone our team 8873 9140



WHITEHORSE
**Youth
Connexions**



Supporting Young People
to Connect