The CONNEXION



Your link to what's happening

November | 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



Youth Connexions Outreach Schedule November 2026





Tuesday 10 November, 3:30pm - 4:30pm

Nunawading Aqualink

Thursday 12 November, 3:30pm - 4:30pm

World Kindness Day
Box Hill Central

Tuesday 17 November, 3:00pm - 4:00pm

Mitcham Station

Thursday 19 November, 3:30pm - 4:30pm

Box Hill Central

Tuesday 24 November, 3:30pm - 4:30pm

Box Hill Aqualink

Wednesday 25 November, 3:30pm - 4:30pm

Forest Hill Chase Shopping Centre
Community Space

WHITEHORSE
Youth
Connexions

Outreach Program!



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

WHITEHORSE
Youth
Connexions



Your Voice. Your Say. Your Whitehorse

Are you aged 12-25 and connected to Whitehorse? Join Whitehorse Youth Voice to share your ideas, meet other young people and help shape oppportunities for your community.

Sign up and get involved!
Email us: youth.worker@whitehorse.vic.gov.au

Grow your skills Volunteer.

- Connect with like minded individuals
-Contribute to community
- Build your CV
- Have fun



EV Strengthening Communities has supported volunteering for 50 years.
and is proud to present Volunteering Central to your community

Scan the QR code to register your interest.

Our team will work with you to find a volunteer role that suits your interests, skills and availability.

MIGRANT INFORMATION CENTRE
eastern melbourne

Digital Mentors

Bridging the digital divide



Are you aged 14 - 24 years old?

Join MIC's Young Digital Mentor Program and help older people navigate the digital world.

- Training provided
- Add volunteering to your CV
- Build skills and confidence
- Make meaningful community connections

Commitment

- Two daystraining at Box Hill Town hall
- Two or more digital drop in sessions where you assist older people with digital activities including: accessing apps, creating an email list, sending emails, creating an invitation on canva.

Next training dates

- Friday 6 & 13 November 10am - 3pm
- Thursday 3 & Friday 4 December 10am - 3pm
- More dates in 2027!

REGISTER NOW



Box Hill Miniature Steam Rail Way

We run a dual gauge track 5 inch and 7.25 inch gauge track 1 .3 Kms in length.

We run a mixture of:- Steam, Diesel, Petrol, and Solar electric, locomotives on our purpose built track, maintained by a dedicated group of volunteers.

On the third Sunday of the month, we have a run day open to the public for them to come and ride behind one of our locomotives.
Membership is open to everyone that want to volunteer their time and join our team.

We meet Generally on Wednesday and Saturdays 9.00am to 2.00pm.

Box Hill Miniature Steam Railway is located at 521 Belmore rd (on the corner of Elgar Rd) Mont Albert North.

Facebook

Membership

More Than Books!

Whitehorse Manningham Libraries is more than just books. Discover events, workshops, study spaces, technology, creative opportunities and resources designed for young people. Whether you're looking to learn a new skill, connect with others, or simply find a place to belong, the library has something for you.



Box Hill Study Support

Need help with your highschoolhomework? This free program, supported by tutors andalibrarian, provides help with most subject areas. Includes access to free wi-fi and printing.

Box Hill Library
Thursdays in Nov 4:00 PM - 6:00 PM
For more information scan the QR CODE



Strategy Board Games

Joinus for this monthlyprogram as we play tabletop games at theBox Hill Library.Test your wits with strategy board games like Ticket to Ride or Forbidden Island. Beginners Welcome.

Box Hill Library
Mon 9 Nov 5:30 PM - 7:00 PM
Register for free via the QR CODE



Role-Playing Games

Join us as wedelve intoaworld offantasy and magic with the legendary role-playing gameofDungeons & Dragons! Beginners welcome.

Box Hill Library
Mon 23 Nov 5:30 PM - 7:00 PM
Register for free via the QR CODE

Whitehorse Manningham Libraries
open for discovery

STUDY • PLAY • LEARN • CREATE • MEET • GROW
Register for events online at www.wml.vic.gov.au or in branch

Proudly owned by

Financial Literacy

Whitehorse Manningham Libraries is more than just books. Discover events, workshops, study spaces, technology, creative opportunities and resources designed for young people. Whether you're looking to learn a new skill, connect with others, or simply find a place to belong, the library has something for you.



Money Skills for Young People

Join us at Doncaster Library for a free, interactive financial wellbeing workshop, designed for young people aged 15–17. Delivered in partnership with Manningham Council and facilitated by EACH, these small-group sessions provide practical money skills for everyday life.

Learn how to budget, save, manage digital spending, shop safely online, avoid scams, understand phone plans and subscriptions, and build healthy money habits for the future.

This supportive and engaging workshop will help you gain confidence, make informed financial decisions, and develop the skills needed to manage your money with greater independence.

Doncaster Library

Fri 27 Nov 4:00 PM - 5:00 PM

Wed 2 Dec 4:00 PM - 5:00 PM

Registerforfree via the QRCODES

NOV DEC

16 DAYS OF ACTIVISM MANNINGHAM Each

Whitehorse Manningham Libraries
open for discovery

STUDY • PLAY • LEARN • CREATE • MEET • GROW

Register for events online at www.wml.vic.gov.au or in branch

Proudly owned by

MY Pride Social Series

DRAGWORKSHOP

with

ISIS AVIS LOREN



Saturday
November 21st
1pm - 3.30pm
MY Hub,
Doncaster

Young People
16 - 25
register for
free tickets

Each

MANNINGHAM

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
(dropinorduckoutwhenever - it'ssuperflexible)

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 supportedspace

Each

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

Talking with Pride

A FREE social support group

for LGBTIQA+ young people (15–25) who have experienced family violence

It's a place to talk about relationships and family experiences including chosen family, family violence, and to understand how being queer, trans, and/or gender diverse can shape these experiences. You'll find support from peers, share stories, express yourself creatively using art materials, and explore what safety, belonging, and community mean for you.

Through the group, you can:

- Build confidence, and self-worth
- Feel seen, valued and supported
- Increase community connectedness
- Share experiences
- Reduce isolation, stress and anxiety
- Strengthen coping skills
- Learn more about the dynamics of family violence specifically relating to LGBTIQA+ experiences

This group is:

- LGBTIQA+ affirming
- Trauma-informed and strengths-based
- Non-judgemental and peer-focused

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Talking with Pride

A FREE social support group

for LGBTIQA+ young people (15–25) who have experienced family violence

Term 4 Dates (7-week program)

Tuesdays 3.30–5pm, Box Hill location

Week 1: Tuesday 20 October

Week 2: Tuesday 10 November

Week 3: Tuesday 17 November

Week 4: Tuesday 24 November

Week 5: Tuesday 1 December

Week 6: Tuesday 8 December

Week 7: Tuesday 15 December

To join the group, 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**

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Are you a young carer?

Youarenotalone.Supportis available.



Carer Gateway

An Australian Government Initiative

carergateway.gov.au

1800 422 737 Monday–Friday 8am–5pm

Proudly Q

- Connect with LGBTQIA+ young people
- Build a sense of community
- Develop new skills
- Access helpful resources
- Eat free snacks
- Access craft supplies
- Speak to a youth worker

Each week features an optional activity!

Two separate age-specific programs, one for ages 10–14 and another for ages 15–25.

When: Wednesdays after school in Croydon.

If accessing our services is difficult for you, talk to Youth Services about some of the options.



For young people aged 15-25

For more information, contact Youth Services or scan the QR code.

M Connected

Check outwhat'sonofferat
www.maroondah.vic.gov.au/Youth
9294 5704

Maroondah City Council

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.

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



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
An8-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.



healthAbility

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 ourfriendlyteamat ahmhns@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.

healthAbility

phn EASTERN MELBOURNE
An Australian Government Initiative

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

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FAMILY ACCESS NETWORK

FAN are dedicated to helping homeless and at-risk young people, young families and LGBTIQA+ 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.





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Pathways to Resilience

A FREE one-on-one counselling program

for LGBTIQA+ 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 LGBTIQA+ 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
- LGBTIQA+ affirming and inclusive
- Youth-centred, confidential, and trauma-informed
- Available to LGBTIQA+ young people living in Maroondah, Yarra Ranges, and Knox regions

Topics we explore:

Family violence

- Dynamics through queer frameworks
- Impacts within LGBTIQA+ communities

Identity and relationships

- Self-expression and chosen family
- Values and belonging

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**

THE CONNEXION

fan
family access network

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.

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**

fan
family access network

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.





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.

"I would have really struggled to get my life and routine back together without the help of YORS"
YORS participant

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

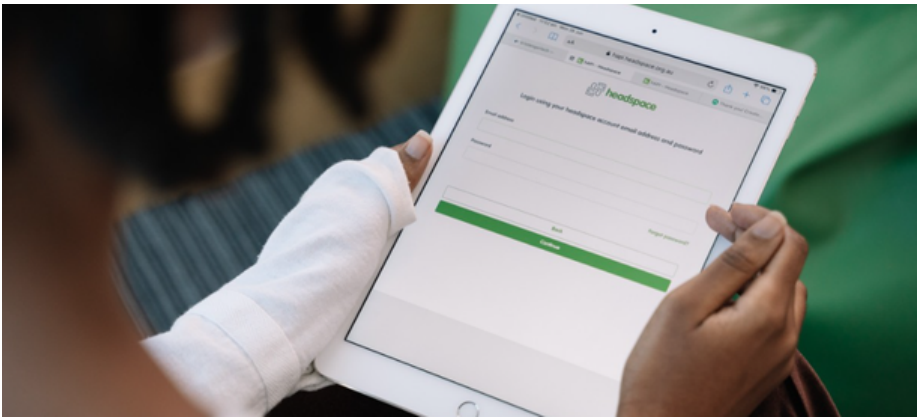
www.each.com.au Monday to

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.



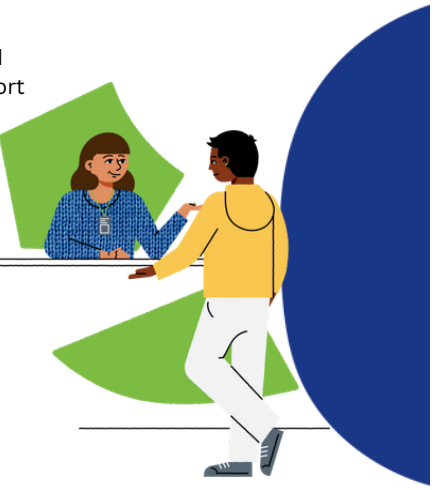
headspace Box Hill

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.Discussthe 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
19-23 Prospect St, Box Hill
03 9810 9310
boxhill.headspace@mindaustralia.org.au

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

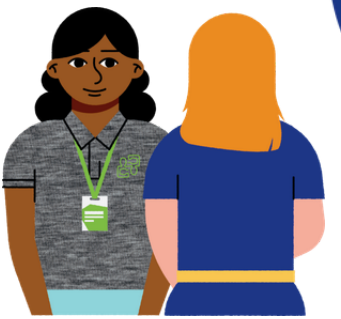
headspace Work & Study provides tailored 1-on-1 online support with a Work and Study Specialist accessible from anywhere in Australia via video calls, web chat or phone



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_BOXHILL

headspace Box Hill
19-23 Prospect St, Box Hill
03 9810 9310
boxhill.headspace@mindaustralia.org.au

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



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

Somepeople 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

Ifyou 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**

VICTORIA State Government

KIDS FIRST

RAMP

Volunteer Mentoring

Help make a real difference for young people in out of home care

The Relationships and Mentoring Program (RAMP) connects young people (aged 13–17) in out of home care across Melbourne's Eastern Metro Region with trusted volunteer mentors.

Mentors provide regular support, encouragement and positive connections to help young people build confidence and navigate life with someone in their corner.



Why volunteer as a mentor?

As a RAMP mentor, you'll:

- make a meaningful impact in a young person's life
- build genuine, trusting relationships
- gain community and leadership experience
- be supported every step of the way

Why RAMP?

Through RAMP, you can:

- help someone feel supported and understood
- be part of a positive, community-based program
- grow personally while giving back

Want to learn more? Contact RAMP
ramp@kidsfirstaustralia.org.au

L-PLATE'S?



Turn your required supervised driving hours into tangible community impact.

FOODFILLED inc.



Get up to $500 for education costs.

Achievea savingsgoal for 10 months andANZ willmatch it up to $500.

saverplus

saverplus.org.au
1300 610 355

Need to a new Laptop? Are you studying and need to pay for Uni or TAFE essentials? From Textbooks to Laptops, get $500 to help cover the costs with Saver Plus!

Saver Plus is a free, 10-month program that provides eligible participants the opportunity to 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).

Saver Plus was developed by ANZ and the Brotherhood of St Laurence in 2003 and is delivered in partnership with The Smith Family and Berry Street Yooralla. It is funded by ANZ and Department of Social Services.

To be eligible for Saver Plus, you must meet all of the following criteria:

- Be 18+ years old
- Have a Health Care Card or Pensioner Concession Card
- Receive an eligible Commonwealth social security benefit, allowance or payment*
- Be in school yourself OR have a child in school (can be starting school next year)
- Have regular income from work (either yourself or your partner, or receive a carers payment, child support payment, cash in hand)

saverplus

saverplus.org.au
1300 610 355

STREAT



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.

Refugee Work Skills Program

STREAT

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 cafès:

- Work in a real STREAT cafè
- 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

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Have one of the following visas: Check

- 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, Myanmarese, 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)

Afterthisyou 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** 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

* This project received grant funding from the Australian Government

WHITEHORSE
CITY COUNCIL

Reusable Period Products Subsidy continues



Ditch single-use and save some cash with our reusable products subsidy program! Eligible Whitehorse residents can save up to 60% off reusable period products and related products through Greener Everyday. Better for your wallet, better for the planet.

Find out more



WHITEHORSE

Youth Connexions

Supporting Young People to Connect