

CONNECTED TO CARE

YOUTH 1:1 SUPPORT & COMMUNITY ENGAGEMENT PROGRAM



Connected to Care

About

Connected to Care is a 1:1 support program for young people who are experiencing personal challenges that are affecting their mental health and/or their capacity to engage in daily functions such as school, peer/personal relationships and community interactions.

Whats Involved

- ✓ Connection to a Support Officer
- ✓ Development of a Pathways Plan to set goals and overcome personal challenges
- ✓ Connection to psychosocial support programs through Rest in Essence
- ✓ Referral to programs and supports where needed and requested by the young person
- ✓ Ongoing support



Psychosocial Support Programs

- Intro to Floristry
- Intro to Yoga
- Communication Skills development
- Beach & Boat Fishing
- Job search training and career guidance
- Permaculture and gardening
- Beach activities
- Transpersonal Art Therapy
- ... and many more

Eligibility Criteria

Age: 12-18
Location: Lake Macquarie/ Newcastle resident
Diagnosis: Not required
Venue: Centre Based or in school
Cost: FREE
Referral: www.connectedtocare.com.au/project/c2c/

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REFERRALS NOW OPEN

support@lmnspn.org.au

Ph. 0447 81 61 49

www.connectedtocare.com.au