

CONNECTED TO CARE PSYCHOSOCIAL SUPPORT PROGRAMS



About

Thanks to our amazing community partners Rest in Essence, we are able to provide a range of psychosocial support programs to young people who are experiencing personal challenges that may impact on their mental health.

Rest in Essence's multi-disciplinary team is focussed on working with young people and the important adults in their lives. Prevention of escalating distress and early intervention to improve coping and resilience are central to our approach. Our paediatric occupational therapist (Mrs Carly Beer) will assess the therapeutic value of each program activity and provide a written report pre and post program based on observations of the group and facilitator feedback.

Psychosocial Support Programs

Job search training and career guidance

Tips to prepare for job searching including resume writing, labour market trends, how and where to apply, interview techniques. Includes sensory profile, aptitude testing and all required materials.

Permaculture and Gardening

Participants learn the principles of permaculture and intensive food production from a home garden. Short course on home garden design, ecology, soil health and growing food for the family. All materials provided

Transpersonal Art Therapy

Immersive experience of art therapy either painting on canvass or mix-material sculpture. Chel guides participants on a journey of spiritual awareness and insight building confidence and self-esteem.

Communication skills development

: Participants are guided through confidence building exercises to encourage development of effective communication skills across various settings, learning techniques to cope with challenging social environments through fun, engaging group interactions.

Beach activities - surfing, beach volleyball, cricket

Learn to surf experience including warm up/stretching, surf awareness and safety, introduction lesson and mindfulness exercises. Beach cricket and/or volleyball.

Lawn Bowling

Participants will learn to play lawn bowls in an interactive, team-building environment. Friendly competition of strategy, skill, and communication enhancement alongside support agency staff, gaining connections to important support services

Introduction to Yoga

Participants are guided through the practice of yin yoga including breathing exercises, stretches and poses, mindfulness and unlocking the spiritual mind. All mats, towels provided

Beach and Boat Fishing

Sustainable fishing practices education, environmental awareness, fishing techniques, seafood preparation and mindfulness exercises.

... plus many more programs.

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Eligibility Criteria

Age: 12-18

Location: Lake Macquarie/ Newcastle resident

Diagnosis: Not required

Venue: Outreach into community locations

Cost: FREE

Referral: www.connectedtocare.com.au/project/psp

REFERRALS NOW OPEN

support@lmnspn.org.au

Ph. 0447 81 61 49

www.connectedtocare.com.au