

Illawarra Shoalhaven Local Health District

Term 4 2025

Welcome!

Welcome to the 32nd edition of the ISLHD School-Link Newsletter!

October is Mental Health Month. This year's theme; Taking Steps on Your Wellbeing Journey, focuses on identifying the steps people can take to improve their mental health and wellbeing.

By taking small steps daily and modelling healthy behaviours you support your own growth and help create a culture of wellbeing for those around you.

About School-Link

Aims of the **School-Link** Initiative:

- Early identification of mental health issues
- Provide access to evidence-informed mental health programs in schools and TAFEs
- Early-access to specialist mental health services
- Support for the recovery journey

Useful website: ISLHD Mental Health Services

ISLHD delivers specialist mental health assessment and care across community and inpatient settings and in partnership with a range of other government agencies and services.

<https://www.islhd.health.nsw.gov.au/services-clinics/mental-health>



Circulation

- ☐ Principal
- ☐ Deputy Principals
- ☐ Counsellors
- ☐ Head Teachers
- ☐ Year Advisors
- ☐ HT Welfare
- ☐ LS Team
- ☐ SSO
- ☐ PD/H/PE
- ☐ Staff Room
- ☐ Students

ISLHD School-Link Website

Resources from NSW School-Link teams:

<https://www.islhd.health.nsw.gov.au/services-clinics/school-link-illawarra-shoalhaven>



Contact Details

Illawarra Shoalhaven Local Health District (ISLHD)

Child, Adolescent & Youth Mental Health Service (CAYMHS)

Level 7, 5 Bridge St, Coniston NSW 2500

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Email: david.bunder@health.nsw.gov.au

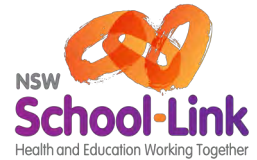
Johanne Sneddon: School-Link Coordinator

Mobile: 0459 880 578

Email: Johanne.Sneddon@health.nsw.gov.au

Mental Health Month

Taking Steps on Your Wellbeing Journey



Looking after your wellbeing helps you manage stress, maintain energy, build stronger relationships and set a positive example for others. Small, consistent actions add up to lasting change. By taking small steps daily and modelling healthy behaviours you support your own growth and help create a culture of wellbeing for those around you.

Notice it

Being aware of your wellbeing starts with noticing what is happening for you physically, mentally and emotionally. This means paying attention to changes in your mood, energy, sleep or motivation. Taking a moment to pause each day and ask yourself, "How am I really going?" can help you connect with your inner state. It is also important to be open to feedback from others as they may notice shifts in you that you might not be aware of.

Name it

Acknowledging your wellbeing is about naming and accepting what you are feeling. Putting words to your emotions makes them easier to manage and gives clarity to what is going on for you. Remind yourself that all feelings are valid, there is no "right" or "wrong" way to feel. Acknowledgement also means recognising what you might need in the moment whether that is rest, connection, exercise or support.

Nurture it

Acting on your wellbeing means responding to those needs in ways that support balance and growth. This doesn't always require big changes, often small steps like taking a short walk, resting or talking with someone you trust can make a meaningful difference. Building regular habits such as prioritising sleep, eating well, moving your body and creating downtime helps to strengthen resilience over time. It is equally important to protect time for activities that bring you joy and meaning. When challenges feel too heavy to manage alone, reaching out to a trusted friend or professional is a powerful act of care for yourself.

Mental Health Month Resources

Wayahead:



Black Dog Institute:



NSW Education:



NSW Mental Health Commission:





Careers in Health: Insight & Immersion Program

Are you curious about what working in Health may look like?

Careers in Health is our structured insight & immersion program running at scheduled times across our district. 20 students from local high schools are selected, through an application process for each of the 3 day programs. Students participate in workshops, site / ward visits and hear from ISLHD and NSW Health staff about what it is like to work in their roles, giving students opportunities to ask questions and gain a better understanding of what career opportunities there are in health in both clinical and non-clinical roles. Our 3-day program is for high school students in years 10-12 who are interested in learning more about being a Nurse, Security Officers, Dr, Lawyer or even an Electrician working in Health.

Our Careers in Health: Insight & Immersion Program will be running out of Shoalhaven and Wollongong Hospitals again in 2026, with a total of 5 programs.

Program dates: Wollongong

- Tuesday 12th May, 19th May and 26th May 2026 - Term 2
- Tuesday 8th September, 15th September and 22nd September 2026 - Term 3
- Tuesday 24th November, 1st December and 8th December 2026 - Term 4

Program dates: Shoalhaven

- Tuesday 2nd June, 9th June and 16th June 2026 - Term 2
- Tues 4th Aug, Wed 12th Aug and Tues 18th August 2026- Term 3

**APPLICATIONS FOR 2026 OPEN in Term 4, week 6 - Monday 17th November 2025
and close in Term 1, week 2 - Friday 6th February 2026**

All 2026 programs will be filled from this intake

islhd.health.nsw.gov.au/school-work-experience



**FREE
WEBINAR**

Transition to High School

Webinar for families

The Northern Sydney and Illawarra Shoalhaven Local Health District's School Years teams have partnered with WayAhead to offer a free Transition to High School webinar for parents and carers of children in Years 5 and 6. This session aims to support families in preparing for a smooth and confident start to high school.

The webinar will cover topics including how anxiety develops, the cycle of anxiety, adolescence-specific challenges, and practical strategies to support your child. The session also includes helpful resources and a Q&A to address your questions directly.

Three options available:



Wednesday,
22nd October
7.15-8:30pm



Thursday,
6th November
12-1:15pm



Thursday,
6th November
7.15-8:30pm

Partnered with:



Physical activity for all

Fundamental skills for inclusive lessons

A joint initiative between NSW Office of Sport and NSW Health

What is the FREE workshop about?

Are you a primary or secondary teacher or support staff passionate about creating inclusive learning environments?

ISLHD Health Promotion have partnered with the Office of Sport to host a FREE disability and inclusion workshop available to ALL school staff in Illawarra and Shoalhaven.

Come along to learn:

- Evidence-based approaches to inclusive PE.
- Tools to adapt activities for neurodivergent learners and students living with a disability.

For further information, please contact:

School Years Team | Health Promotion Service
Illawarra Shoalhaven Local Health District
E: ISLHD-HealthPromotion@health.nsw.gov.au

Shoalhaven region

**When:**

Wednesday 12 November 2025
3:45 - 4:45pm

**Where:**

Bomaderry Public School

Illawarra region

**When:**

Thursday 13 November 2025
3:45 - 4:45pm

**Where:**

Berkeley Public School

Register now

Click the link or scan the QR code to register. Limited places.





The Adult Survivors Program Aboriginal Care Navigation

*Need help finding support?
We're with you.*

What is the Aboriginal Care Navigation service?

The Navigator works with Aboriginal people who have experienced child sexual abuse to:

- Get connected with health, counselling, and practical support
- Make sure your voice is heard, respected, and valued

The Adult Survivors Program is:

- Respectful of culture
- Aware of the impacts of trauma
- Focussed on the needs of survivors

What is offered?

The Navigator can make referrals to services who provide:

- Community groups
- Counselling
- Financial supports
- Housing
- Legal advice and support
- Physical health and wellbeing
- The Redress Scheme
- Supports to access the health system

Where does the service cover?

The Navigator accepts referrals throughout the Illawarra and Shoalhaven. They can be flexible with where they meet you.

Who will I work with?

The Aboriginal Care Navigator is highly experienced in the sector. They have strong knowledge of trauma and relevant services available.

How do I get involved?

Speak with your worker in Drug & Alcohol, Mental Health, or PARVAN, about the Adult Survivors Program Care Navigation. They can make a referral, and the Navigator will get in touch with you directly.

You may be asked for your feedback to help improve the service, but it's always your choice.

The ISLHD Adult Survivors Program presents:

RESURFACE

ILLAWARRA

**A men's group for survivors
of child sexual abuse**

Offering a safe place to discuss:

- **Impacts of abuse**
- **Secrecy & shame**
- **Coping**
- **Relationships & boundaries**
- **Identity, recovery & healing**



Wednesdays 9:30-11:30am in Wollongong
Starting 15 October

**For more information, scan the QR code or ask your health
worker to contact ISLHD-ASP@health.nsw.gov.au**

Adult Survivors Program

Individual Therapy

Drug & Alcohol Services

Mental Health Services

Sexual Assault Services

Referral form completed

Referral form is completed and sent to
ISLHD-ASP@health.nsw.gov.au | cc: Clinical Senior

Yes

Is the consumer an adult survivor
AND has complex mental health
AND/OR substance misuse?

No

Initial review

Meeting booked within 72 hours and Clinical Senior is invited and encouraged to attend alongside referring clinician

Clinical advice provided

Consultation form completed by ASP with recommendations and emailed to clinician and Clinical Senior. File closed

Yes

Is the referring service continuing therapy*
AND/OR direct support?

No

**Not available for referrals from Sexual Assault Services*

Case Planning Meeting

Meeting occurs and ASP Joint Work Case Plan is completed. Plan is uploaded to both eMR encounters

Commence therapy

12 session trauma therapy block provided by ASP Senior Clinician or Clinical Coordinator

Progress Review Meeting

Follow-up meeting occurs at sessions 4 and 8. ASP Joint Work Case Review is completed. Plan is uploaded to both eMR encounters

Consumer Feedback Gathered

Consumers provide feedback at mid-point via digital survey, and interview with Program Manager at end-point

Referrals and Handover

Appropriate referrals are made and discharge summary completed. Handover provided to ongoing services. File closed

Northfields Psychology Clinic



UNIVERSITY
OF WOLLONGONG
AUSTRALIA

Northfields Psychology Clinic has a range of individual and group therapy options available for people of all ages. Services at our Clinic are provided by Provisional Psychologists who are currently undertaking postgraduate study in Professional and Clinical Psychology. All Psychologists are provisionally registered with the Psychology Board of Australia and receive regular supervision from fully qualified registered Clinical Psychologists.

We provide the following services:

THERAPY

We provide therapy for children, young people and adults for common mental health difficulties:

- Anxiety
- Depression
- Stress and adjustment

Provisional Psychologists use a range of common therapeutic approaches including CBT, ACT, and brief psychodynamic therapy. Work with children and young people is usually family inclusive.

GROUP THERAPY

We provide the following group programs:

- Confident Carers – Cooperative Kids (parent program)
- Cool Kids (child anxiety program)
- Doing ADHD Differently (adults)
- Chilled (adolescent anxiety program)

COGNITIVE ASSESSMENTS

We offer a limited number of cognitive assessments for the following:

- Specific Learning Disability
- ADHD
- Cognitive Ability (eg. Intellectual disability or giftedness)

The assessment waitlist is only open at limited times of the year. Please see the website for current waitlist information.



Clinic fees		
Service	Standard fee	Concession fee
Therapy	\$25	\$15
Group	\$120	\$60
Assessment	\$330	\$165

Contact us to find out more:

Northfields Psychology Clinic
University of Wollongong

phone: 4221 3747

email: nfc-uow@uow.edu.au

web: www.uow.info/npc



Northfields Psychology Clinic Programs



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AUSTRALIA

Parenting Confident Carers - Cooperative Kids (CCCK)

Strengthen relationships to reduce behavioural problems for parents of children aged 3-11 years



Each School Term (8 weeks)
Cost: \$120 / \$60 concession

Child Anxiety - Cool Kids

Learn strategies for managing anxiety for children (8-12years) and their parents/carers



Each School Term (9 weeks)
Cost: \$120 / \$60 concession
Additional \$45 for workbooks

Coaching and Parent Emotion Support Program (CaPES)

CaPES is a program designed to support parents to parent.



For families with children aged 2-10 years.
12 session program
Cost: \$25 / \$15 concession per session

Adolescent Anxiety - Chilled

For Adolescents (Grades 7-10) with anxiety and their families



Once per year (9-10 weeks)
Cost: \$120 / \$60 concession
Additional \$45 for workbooks

Doing ADHD Differently

Addresses concerns related to ADHD / ADD and provide practical skills to help manage associated difficulties



Several times per year (7 weeks)
Cost: \$120 / \$60 concession
Additional \$40 for workbook

Contact us

phone: 02 4221 3747
email: nfc-uow@uow.edu.au
web: www.uow.info/npc

Participants must complete a pre-group meeting prior to attending

One Place Outreach Services Directory

If you would like more information regarding outreach services at One Place or would like to explore the possibility of providing outreach services, please call the service coordinator on 4224 5747 or email sleland@barnardos.org.au



Illawarra Homelessness Coordination Service - The St Vincent de Paul Society NSW operates homelessness services throughout NSW to assist people at-risk of or experiencing homelessness.



Supported Accommodation & Homelessness Service Shoalhaven Illawarra (SAHSSI) - Is a not for profit Specialist Homelessness Service for women covering the Illawarra / Shoalhaven District.



WDVCAS - The Illawarra Women's Domestic Violence Court Advocacy Service is a locally-based, independent service for women and children seeking help and information about how to get protection from the court from domestic violence.



Carer Gateway - is a nationwide program that aims to support the wellbeing of carers of all ages, including young carers. Funded by the Australian Government, Carer Gateway delivers a range of services in-person, by phone, and online.



Uniting NDIS - the Local Area Coordinator assists participants that are already on the scheme with their plans and assists people in the local community with connecting to services and with applications to the NDIS.



Services Our Way - works in solidarity with Aboriginal and Torres Strait Islander people facing adversity to achieve positive outcomes. They are committed to supporting Individuals and families in NSW who are experiencing vulnerability to find stable and supportive housing options.



Health
Illawarra Shoalhaven
Local Health District

Illawarra Drug and Alcohol Service - IDAS peer workers, work with clients to introduce the service to them and offer individualised support in engaging with the service, Their aim is to help others who may be struggling with addiction, and to give back to the community.



Anglicare

Anglicare Food and Financial Assistance - This program is a short term crisis intervention service with a prime focus on assisting clients to develop their financial capabilities.



Family Services Australia - Disability Employment Services We aim to achieve sustainable outcomes for our clients through an Integrated Employment Service model that is individualized and client centred, led by a team of highly specialized Community Support Consultants.



Age Matters - Empowering older Australians to live free from disadvantage. Age Matters tackles homelessness, loneliness and joblessness because disadvantage doesn't discriminate.



FAMILY CONNECT and SUPPORT - Assists families who may be experiencing issues or concerns including financial, parenting, substance use, mental health, domestic and family violence, housing and homelessness by connecting them the supports that best suit them.



Neami Wollongong - Neami Wollongong provides individual recovery support to people experiencing mental health challenges in the Wollongong area.



Barnardos Australia

Because **every child** needs a champion



Mental Health Carers
ARAFMI ILLAWARRA
Caring for Carers



Carer Gateway Information Session

Tuesday 11/11/25, 5.30pm-6:30pm



Nicole Hughes from Carer Gateway (Benevolent Society) will present information on the range of phone-based, online and face-to-face services and supports that they provide specifically for carers, including emergency respite.

Youth Mental Health First Aid

Friday 14/11/25 & Friday 21/11/25, 9am-5:15pm

ARAFMI is offering this 2-day Youth Mental Health First Aid course for **FREE** to family & carers of people experiencing mental health concerns. There are limited free places available for professionals.



Mental Health Carer Support Group

4th Tuesday of the month, 5:30pm-7:30pm

IDAS (Illawarra Drug and Alcohol Service) Info Session

Wednesday 26/11/25, 5:30pm-6:30pm

Gabi Martinez from ISLHD will present information on the services IDAS provides, including support for family and carers.



Health
Illawarra Shoalhaven
Local Health District

All ARAFMI Illawarra services are free to family and carers of people experiencing mental health challenges.

Venue: ARAFMI Illawarra office , 17 Princes Hwy, Fairy Meadow

Registration Required: Contact ARAFMI Carer Advocate, David Jackson via email: david.jackson@onedoor.org.au or phone: 0419 513 684

Strengthening Relationships

Term 4, 2025

For parents and carers

Circle of Security Parenting™ (abbreviated) – 5 x 2 hours weekly / \$75

At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

Term	Location	Dates	Day	Time
Term 4	Online	23, 30 Oct, 6, 13, 20 November	Thursday	5.30pm – 7.30pm
	Wollongong (Location TBA)	12, 19, 26 Nov, 3, 10 December	Wednesday	10.00am – 12.00pm

Supporting Your Child Experiencing Anxiety – 3 x 2 hours weekly / \$45

Understanding how to support your child through feelings of anxiety can be very challenging. This group will help you understand more about your child's needs and how you can support and encourage your child to effectively manage anxiety.

Term	Location	Dates	Day	Time
Term 4	Online	23, 30 October, 6 November	Thursday	10.00am – 12.00pm

123 Magic and Emotion Coaching Inclusive – 3 x 2 hours / F2F 3 x 2 ½ hours / \$45

Supporting your child through the many challenging behaviours they may display each day, can be difficult and exhausting. This group will help you understand why the behaviour may be occurring, and simple effective strategies to manage the behaviours in a safe and effective way.*This program is inclusive of parents of neurodivergent children and our F2F sessions will be an opportunity for parents with similar experiences to explore and discuss the content together.

Term	Location	Dates	Day	Time
Term 4	Online	2, 9, 16 December	Tuesday	5.30pm – 7.30pm

Bringing Up Great Kids – 4 x 2 hours weekly / \$60

Bringing Up Great Kids promotes and supports respectful, caring, and nurturing relationships between parents and their children. Parents are encouraged to become more reflective and mindful in their parenting approach.

Term	Location	Dates	Day	Time
Term 4	Online	24 November, 1, 8, 15 December	Monday	5.30pm – 7.30pm

Bringing Up Great Teens – 4 x 2 hours weekly / \$60

Support your child through this time of development, learn how to stay connected, while giving them the independence they desire, understand the changes they are going through, and how to manage conflict and risk taking behaviour, while maintaining a positive relationship.

Term	Location	Dates	Day	Time
Term 4	Online	19, 26 November, 3, 10 December	Wednesday	10.00am – 12.00pm

For parents after separation

Keeping Kids in Mind – 5 x 2.5 hours weekly / \$150

Parenting after separation can be difficult for both you and your child. Witnessing ongoing conflict can have a negative impact on a child's development. Learn how to support your child and deal with both the practical and emotional challenges of parenting after separation.

Term	Location	Dates	Day	Time
Term 4	Online	21, 28 Oct, 4, 11, 18 November	Tuesday	10.00am – 12.30pm
	Wollongong	20, 27 Nov, 4, 11, 18 December	Thursday	5.30pm – 8.00pm

Strengthening Relationships

Term 4, 2025

With a special focus

Seeing Red – 5 x 2 hours weekly / \$75

Strong emotions are natural and are felt by everyone. Learn to recognize, communicate and listen to your feelings, as well as the feelings of those around you. Learn to express these feelings in an assertive way and how to enhance your relationships through respectful, positive communication.

Term	Location	Dates	Day	Time
Term 4	Campbelltown	22, 29 Oct, 5, 12, 19 November	Wednesday	5.30pm - 7.30pm
Term 4	Nowra	7, 14, 21, 28 Nov, 5 th December	Friday	10.00am - 12.00pm

Black Box Parenting – 5 x 2.5 hours weekly / FREE

Explore how previous life events, experiences and/or trauma influence your parenting and how you interact with your children. Facilitators will provide a non-judgmental environment to help you improve your social and emotional wellbeing to support your parenting journey.

Term	Location	Dates	Day	Time
Term 4	Campbelltown	21, 28 Oct, 4, 11, 18 November	Tuesday	10.00am - 12.30pm
	Wollongong	22, 29 Oct, 5, 12, 19 November	Wednesday	10.00am - 12.30pm
	Nowra	20, 27 Nov, 4, 11, 18 December	Thursday	10.00am - 12.30pm

My Kids and Me – 7 x 2.5 hours weekly / FREE

The jumble of emotions and processes involved when having a child removed from your care can be hard to understand, manage and navigate. Join us in a safe, supportive environment, to discuss and reflect on these challenges and learn strategies to strengthen the relationship with your child.

Term	Location	Dates	Day	Time
Term 4	Wollongong	28 Oct, 4, 11, 18, 25 Nov, 2, 9 Dec	Tuesday	10.00am - 12.30pm

Seasons for Growth – Adults – 4 x 2.5 hours fortnightly / \$60

Learn about the personal impacts of change, loss, and grief, in a safe and supportive environment. Improve your wellbeing, learn new coping skills to manage how you are feeling and connect with others

Term	Location	Dates	Day	Time
This program is not currently scheduled for term 4, please contact our intake team to express interest in the next available group or to place your name on the waiting list.				

Self Care Session (FREE)

Join a supportive, relaxing environment to explore and discuss the importance of self-care. Spend time discussing areas of self-care, proactive approaches, strategies and achievable ideas, and participate in a self-care activity.

Wollongong	Tuesday 16th Sept	10.00am - 12.00pm
Campbelltown	Wednesday 10th Dec	10.00am - 12.00pm

Family Wellbeing (FREE)

Join a relaxed, informative session on how to nurture the wellbeing of your family. The sessions will cover Family Resilience, Family Values, Family Connection, Family Self Care & Family Mindfulness

Campbelltown	Wednesday 3rd Dec	10.00am - 12.00pm
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Contact us

02 4254 9395
intakeservice@catholiccare.dow.org.au
www.catholiccare.dow.org.au

Providing services across the Wollongong Diocese

Funded by the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.

Concessions available *GST may apply **Schedule subject to change ***Conditions apply to complete online groups
Please note some groups may have limited availability.

Scan QR code to book intake





CareWays
community

children's * Week

* Face painting, stalls,
robotics and lots of fun!



Thursday 23rd of
October, 2025



9:30am to 11:30am



Koonawarra Community Centre
36 Fowlers Rd, Koonawarra



4261 8426

FOR FURTHER ENQUIRIES CONTACT
CAREWAYS ON PH 4261 8426
OR EMAIL

NEIGHBOURHOOD@CAREWAYS.ORG.AU





Cooinda Playgroups

Make Way For Play

**Free playgroups and morning tea for Aboriginal
and Torres Strait Islander children aged
0 to 5 years, and their families/carers.**

10am to 12pm during school terms.

Yarn, play and share culture with your kids.

Thursday

**Koonawarra Public School
Byamee St, Koonawarra**



Please come along and join us or call for more
information 4275 8575 or 0477 808 026.

Limited transport support for this
playgroup may be available.

barnardos.org.au



**Barnardos
Australia**

Circle of Security Parenting™

Free 4-Week Accelerated Parenting Program



A 4-week relationship based Parenting Program for parents and carers of children aged 0 to 8 years. The course focuses on strengthening parent/child relationships by helping caregivers become more attuned and responsive to their children's emotional needs.



Learning Objectives:

- Understand your child's emotional world by learning to read the emotional needs.
- Support your child's ability to successfully manage emotions.
- Enhance the development of your child's self-esteem.
- Honor your innate wisdom and desire for your child to be secure.

COS registered parent educator:
Anoushka Andrade

Sessions: 27th October, 3rd, 10th, 17th November 2025

Times: 5:30pm-8:00pm

Cost: Free to Shellharbour Council residents

Location: 33 Pioneer Drive Oak Flats, NSW 2529

Please note: childcare is not provided.

Please contact for registration

Contact: Anoushka 0409 306 534
aandrade@syfs.org.au



DEADLY TIPS TO

STRESS LESS

**MAKE
TIME
FOR
YOURSELF**

**SAFE
SUPER
VISION**

**HAVE
A
YARN**

TALK
ABOUT IT

**CLOSE
YOUR EYES**

**FOCUS
ON YOUR
BREATH**

SHARE

SOMETHING THAT
MAKES YOU
LAUGH

SPEND

TIME WITH PEOPLE
YOU
LOVE

**CONNECT
WITH THE
LAND**

- > GO BACK TO COUNTRY
- > CATCH UP WITH YOUR MOB

**HAVE
THE
COURAGE
TO BE
IMPERFECT**

YOUR
MESSAGE
HERE

LISTEN

TO YOUR FAVOURITE
MUSIC

**LAUGH
LOVE
LISTEN**

**GET ACTIVE
GO OUTSIDE**

- > GET SOME FRESH AIR
- > GO FOR A WALK
- > KICK THE FOOTY

GET THE FAMILY TOGETHER
AND HAVE A GAME
OF TOUCH

**LIGHT A
CANDLE,
HAVE A
BUBBLE
BATH**

**BE
PROUD
OF YOURSELF**

- > WHO YOU ARE
- > WHERE YOU'RE FROM

**SPEND TIME
WITH
ELDERS**

SHARE STORIES

**Tune
in**



Aboriginal Health & Medical Research Council
of New South Wales

wsu@ahmrc.org.au

mentalhealthmonth.org.au

MENTAL
HEALTH
MONTH
OCTOBER

WayAhead
Mental Health Association NSW





Family Services Australia



Shellharbour
CITY COUNCIL

CIRCLE OF SECURITY

FREE

**REGISTER
NOW!!**

PARENTING PROGRAM MONDAY

20TH OCTOBER 2025

Join us for a morning of learning and connection as we share food, ideas and parenting information.

This 7-week program focuses on building relationships between parents and children

Limited child minding available

**REGISTER WITH FSA
KARAN on
0455 892 092**

WHERE?

**BLACKBUTT
YOUTH CENTRE
CYGNET AVE
SHELLHARBOUR
CITY**

WHEN?

9.30 AM TO 12PM



Circle of Security
INTERNATIONAL
Early Intervention Program for Parents & Children



headspace Work and Study Online can help

Are you supporting young people who don't know what's next in their work or study journey after school?

headspace Work and Study Online Support is a free online service delivered over the phone, webchat or video chat to support 15-25 year olds with planning and achieving their work and study goals. We can support young people you work with to identify post school options and to transition from school to employment, further study or training.

Our team is made up of Work and Study Specialists as well as Mental Health Clinicians who can support young people with any mental health related barriers to their work and study.

We can help young people with:

- Further education planning, course selection and enrolment
- Career, industry and labour market research
- Job seeking skills and tools
- Resume and job application support to find work
- Support starting work or further study
- Balancing mental health and wellbeing with work or study
- Navigating Centrelink and other government support options

To register:

Young people can self-refer by clicking the button below or calling 1800 810 794. If you have any questions, feel free to call this number too.



Website: [headspace Work & Study Online](#)

what is headspace Work & Study Online Support?

headspace Work & Study Online Support is a free service to support 15–25-year-olds with planning and achieving their work and study goals. The service is delivered over the phone, webchat or video chat.

Young people engage with one of our Work and Study Specialists weekly to fortnightly for approximately three months. We also have a small team of mental health clinicians to support young people with any mental health related barriers to their work and study (if they are not already engaged with a mental health provider). Once a young person has achieved their goal, they also have the option of additional help through our post-placement support phase.

headspace Work & Study Online Support can help young people no matter where they are at in areas such as:

- Job search skills, job applications, resume and cover letter preparation
- Career, industry and labour market research
- Further education planning, course selection and enrolment
- Support transitioning from school to work or further study
- Balancing mental health and wellbeing with work or study
- Changing jobs, increasing work hours or navigating challenging workplace situations

Provided a sense of purpose and structure to my life.

The impact of work and study support on young people's lives

Work and study support assists young people to identify and reach their work or study goals. Reducing the length of time a young person is disengaged from work or study can positively impact their mental health and wellbeing. It is essential that work and study needs are included when supporting young people across the continuum of mental health, regardless of their mental health presentation.

headspace Work & Study Online Support surveyed participants have told us:

- 79% of young people felt more optimistic about their work or study future, and 72% agreed this service helped improve their situation
- 87% of young people agreed that the help they received was valuable

Gave me a sense of accomplishment and boosted my self-esteem.

Who is headspace Work & Study Online Support for?

This program is for young people aged 15-25 who's mental health may be impacting them and they require support to reach their work and study goals. Young people receive tailored 1-on-1 online support with a Work and Study Specialist no matter where they are in their work and study journey.

Work(s) around our unique needs and circumstances.

Care collaboration

The mental health and wellbeing of the young person remains the priority. With the young person's consent, our specialists can work with referrers and/or any other mental health supports to provide integrated care. This process avoids duplication and provides a strong, collaborative support model.

73% of young people who were surveyed after their experience with headspace Work & Study Online Support felt a reduction of their mental health and wellbeing difficulties in relation to their work and study goals.

How can young people access headspace Work & Study Online Support?

Young people can book their first appointment via: headspace.org.au/online

External services that support young people can refer them to our program via our referral form. This allows for additional supportive information about the young person to be included in the referral and provides data on the number of referrals the service has made over time and its impact.

Access the resources and support from the comfort of my own home.

Organisations that refer young people include:

- Schools, universities and TAFEs
- GPs and psychological practitioners
- Mental health and well-being support
- Alcohol and other drug services
- Homelessness
- Other work or study services

Our partnerships allow us to integrate headspace Work & Study Online Support into your service offerings. Contact us if you're interested in learning more via:

workandstudy@headspace.org.au

Alex's story

"headspace Work & Study Online Support is a welcoming service that supports young people like us to find our way, helping to build skills in work and study and a sense of belonging and understanding. I had the opportunity to work with a dedicated Work and Study Specialist who provided me with insights into effective resume and cover letter writing, which ultimately improved my application techniques."

In 2023, after years of struggling with their mental health and feeling directionless, Alex* took steps to seek help through headspace Work & Study Online Support. With renewed hope and motivation, they enrolled in university and began to look for a job that would fit in with their study commitments. Alex found a job and built skills that will help them in their future career. The program helped to instil a routine, improve Alex's financial situation, increase their social connection and improve their overall mental health.

*Disclaimer: the name of this young person has been changed due to privacy.

For more information

Visit

headspace.org.au/online

Call

1800 810 794

Email

workandstudy@headspace.org.au

queerspace

A fortnightly social catch up group hosted by headspace Shellharbour for queer & questioning young people aged 18-25

Join us every second Tuesday afternoon at queerspace, where queer young people can freely express who they are. queerspace is open to all queer & questioning young people aged 18-25, whether you're already accessing headspace services or not.

Whether you want to meet new people, share stories or have a space to celebrate your queer pride, you're welcome here.

**Register your interest at the QR code below,
email gzentrich@gph.org.au for further
information or call us on 4225 5670**



Scan me

come and join for game night!



DUNGEONS & Dragons



Step into a world of imagination, creativity, and connection
through our Dungeons & Dragons program

Whether you are a seasoned adventurer or a newcomer to the world of D&D,
this is your chance to team up with others, create epic stories, and build
friendships in a fun and welcoming space.

This program is proudly brought to you by SENTRAL Youth Service in collaboration with Kiama Library and Headspace Kiama

**EVERY 1ST HEADSPACE KIAMA
TUESDAY OF THE MONTH*** STARTING: 3:30PM
ENDING: 5:30PM

*Excluding school holidays and December

11/65 Manning St, Kiama NSW 2533
Phone: 02 4225 5640
Email: headspacekiama@gph.org.au

**EVERY 3RD KIAMA LIBRARY
TUESDAY OF THE MONTH*** STARTING: 3:30PM
ENDING: 5:30PM

*Excluding school holidays and December

7 Railway Parade, Kiama NSW 2533
Phone: 02 4233 1133
Email: library@kiama.nsw.gov.au

FREE FOR YOUNG
PEOPLE IN
GRADES 7 TO 12

WALK-INS WELCOME, NO REGISTRATION NEEDED



Want to join our arts and craft group?

happening every second Tuesday afternoon 4:30-6:00 starting on the 19th of August



<https://forms.office.com/r/QJp9uGJdvwading>



Kids Time Playgroups

Make Way For Play

Free fun weekly play sessions for children aged 0 to 5 years and their families/carers. 10am to 12pm during school terms.

Play sessions include morning tea, fun play and learning activities, and parenting and community information.

Tuesday Barnardos Children's Family Centre
13 Greene Street, Warrawong

Wednesday Berkeley Neighbourhood Centre
Winnima Way, Berkeley

Wednesday Bundaleer Community Centre
Northcliffe Drive, Warrawong



Please come along and join us or call for more information 4275 8575 or 0477 808 026.

barnardos.org.au



**Barnardos
Australia**



Family Services AUSTRALIA
Health & Wellbeing

LEGO® Club

Family Services Australia is currently taking expressions of interest for our Term 4 LEGO based therapy group.

This is a 9 week program.
Running weekly from 3:30-5pm.
Tuesdays: 9-12 years old.
Thursdays: 6-8 years old.

This group is suitable for young people with an eligible self or plan managed NDIS package or private funding.

This is a neuroaffirming group that focuses on building skills such as turn taking and problem solving through collaborative play.

Scan the QR code to register on our website.
You can also contact us at groups@familyservices.org.au



The LEGO® logo, SERIOUS PLAY®, Imaginopedia™, the Minifigure and the Brick and Knob configurations are trademarks of the LEGO® Group, which does not sponsor, authorise, or endorse this therapeutic group.



HIPPY Early **FREE** Education Program

The HIPPY program is a **FREE** early learning and parenting program for children in the two years before they start school.



HIPPY runs during school terms and supports:

- play based learning
- you as your child's first teacher
- your child's transition to school
- child development, community connection and confidence

HIPPY is available in the Warrawong, Lake Heights, Primbee, Port Kembla, Berkeley, Unanderra and Cringila areas.

All learning materials are provided by our educators.

For more information contact our HIPPY Co-ordinator by calling 4275 8575 or email us coordinatorhippy@barnardos.org.au

Express your interest today!

Scan the QR code to find out more



barnardos.org.au

ABN 18 068 557 906 | A Company Limited by Guarantee
Registered Charity | SC_22_275750



Barnardos Australia

THE LORD MAYORS

School Starter Picnic

A FREE EVENT

**FOR 2026 SCHOOL STARTERS
AND THEIR FAMILIES**

Sunday 26 October, 10am-12pm

**MacCabe Park (southern end)
Cnr Church & Ellen Street, Wollongong
Dharawal Country**

Wet weather plan: Coniston Public School, 123 Auburn St

**CRAFT,
ABORIGINAL
CULTURAL
ACTIVITIES,
FREE BAG OF
GOODIES
+MORE!**

For more information or to register, scan QR code or contact

**John Walsh on 4283 9943, or
transitiontoschool@bigfatmile.com.au**

**Tracey Kirk-Downey on 0458 881 713, or
participate@wollongong.nsw.gov.au**



www.transitiontoschool.com.au



A Wollongong City Council accessible and inclusive event. Wollongong City Council is a child safe organisation and committed to the principals of social justice and celebrates diversity.



NOAH'S CHALLENGE

THE SHOALHAVEN'S
BEST FREE FAMILY
DAY OUT!



Noah's

EVERY CHILD. EVERY OPPORTUNITY.

SUNDAY 26 OCTOBER 2025
10AM TO 2PM

UOW Shoalhaven Campus
69 George Evans Road, West Nowra

ACTIVITIES & FUN TO SUIT ALL AGES

Including rides, activities, sporting clinics,
face painting, art, craft & much more.



FOOD, ENTERTAINMENT & RELAXED FAMILY VIBES

Bring your picnic blanket & enjoy good food
& tunes in our beautiful bushland setting.

FREE ENTRY MAKE A DONATION

All activities & attractions are free of charge.
Make a donation to support Noah's.



**VISIT NOAHSCHALLENGE.COM.AU FOR
MORE INFO OR TO MAKE A DONATION**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Young Yarns Playgroup 9.30am-11.30am Albion Park Rail Public School Playgroup for Aboriginal children 0-5 years	Gubidja Wurrangalali Gooyoong Playgroup 9.30am-11.30am Cullunghutti Playgroup for Aboriginal children 0-5 years in conjunction with Cullunghutti	PlayConnect Playgroup 10am-11.30am Noah's Sanctuary Point Playgroup for children 0-5 years with Autism or development concerns	Burri Burri Playgroup 10am - 12pm Gerringong Public School Playgroup for Aboriginal children 0-5 years	Little Steps Playgroup 9.30am-11am Noah's Sanctuary Point Playgroup for children 0-5 years who don't attend other care
Bilima Booris Playgroup 9.30am-11.30am Noah's Sanctuary Point Playgroup for Aboriginal children 0-5 years	Little Steps Playgroup 9am-10.30am Noah's Nowra Playgroup for children 0-5 years who don't attend other care	My Time 9.30am – 11.30am (not held every week) Noah's Batemans Bay Peer Support Group for parents/carers of children with additional needs	Gudjaga Waradba Playgroup 10.30am-12.30pm Noah's Nowra Playgroup for Aboriginal children 0-5 years in conjunction with Waminda	For more information or to book into any of these programs, please phone (02) 4423 5022. To learn more about Noah's Inclusion Services, visit noahs.org.au or follow us on Facebook or Instagram. Other Noah's Programs (contact us for availability): Be My Best Behaviour Support Family Support and Training Parent Connect SWAY Program PEERS Program Secret Agent Society SOS Feeding Program Circle of Security NDIS Services by appointment (contact us for availability) Plan Management Key Worker (0-7 years) Speech Pathology Occupational Therapy Social Work Psychology Behaviour Support
Gugunyal Bagan Playgroup 9.30am-11.30am Noah's Ulladulla Playgroup for Aboriginal children 0-5 years	My Time 10am-12pm (not held every week) Noah's Ulladulla Peer support group for parents/carers of children with additional needs		Little Steps Playgroup 9.30am-11am Noah's Ulladulla Playgroup for children 0-5 years who don't attend other care	
Jump In Early Intervention Group 9.30am-11am Noah's Batemans Bay Early intervention group for children 3-6 years with an NDIS Plan	Language for Learning 11am-12.30pm Noah's Nowra Early literacy skills building group for preschool age children with an NDIS Plan		My Time 10am-11.30am (not held every week) Noah's Nowra Peer support group for parents/carers of children with additional needs	
Little Learners 12.30 – 2.30pm Noah's Nowra Skills building group for children 3-5 years old with an NDIS Plan	Connection to our Backyard 3.30pm-5pm Noah's Nowra Play and language group for school age children with an NDIS Plan			
	Minecraft Matters 4.00 – 5.00pm Noah's Batemans Bay Social skills group for children 8-12 years with an NDIS Plan			



Noah's Inclusion Services - Term 4 2025 Groups Timetable

Noah's Centres:

Nowra
Ulladulla
Sanctuary Point
Eurobodalla
Illawarra (no groups this term)

Parents and carers of young children: Ready to upskill or re-enter the workforce?

To be eligible you just need to meet the following criteria:

- Be a primary carer of a child under 6 years
- Receiving one of the following payments from Centrelink
 - Parenting Payment Single, or
 - Parenting Payment Partnered, or
 - Carer Payment, or
 - Special Benefit
- If not receiving a Centrelink payment you are still eligible if:
 - You are under 22 years old, or
 - Have not completed year 12 or higher level of education, or
 - A First Nations Australian

Our dedicated Mentors are here to guide and support you, answering any questions you may have about the Parent Pathways program. We also offer access to funding to assist you on your journey, ensuring you have the resources you need to succeed.

**For more information
please scan the QR
code and fill out the
short questionnaire:**





www.13yarn.org.au

Available 24/7

Confidential & anonymous

Aboriginal & Torres Strait Islander Crisis Supporters

13 YARN

13 Yarn is the first national support line for Aboriginal & Torres Strait Islander people in crisis. We offer a confidential one-on-one over the phone yarnning opportunity and support with a Lifeline trained Aboriginal & Torres Strait Islander Crisis Supporter for mob who are feeling overwhelmed or having difficulty coping. We are here to provide crisis support 24/7 to enable our community to yarn without judgement and provide a culturally safe space to yarn about their needs, worries or concerns.

"We're here to help,
call us for a yarn"

13 92 76



Lifeline®

This initiative is funded by the Australian Government, Department of Health



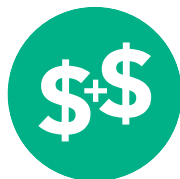
Gayle Dhuwal (Yothu) Spirit Australia
Torres Strait Islander Crisis Supporter

This service has been developed by Spirit Australia

Lifelong, life-changing savings habits



Commit to saving
up to \$50 a month
for 10 months and
ANZ will double it.



You can put that extra money towards educational expenses for yourself or your child/children. This includes school-related expenses, such as uniforms, books, laptops and excursions.

Income, eligibility and participation criteria apply,
go to saverplus.org.au for more information.

Saver Plus supports people to develop life-long savings habits.
It's delivered by Brotherhood of St. Laurence, The Smith Family and Berry Street. It's funded by ANZ and Department of Social Services.

saverplus.org.au
1300 610 355



Dapto Play Ranger

Make Way For Play



Free, fun play sessions in local parks for children aged 0 to 5 years and their families.

Safe outdoor play where you can meet your neighbours and obtain information about local family services and support from our qualified Play Rangers.



Every Tuesday during school term

Alternating at Lakeside Reserve or
Dimond Brothers Reserve

**For more information, please call
Barnardos Children's Family Centre South Coast
on 4275 8575 or 0477 808 026**



**Barnardos
Australia**



Unanderra Play Ranger

Make Way For Play

**Free fun weekly play sessions
for children aged 0 to 5 years and
their families/carers. 10am to 12pm
during school terms.**

**Play sessions include, fun play
and learning activities, and parenting
and community information.**

Our playgroups are currently located at
Charcoal Park Factory Road, Unanderra
From 10am-12pm

Monday - during school term



Please come along and join us or call for more
information 4275 8575 or 0477 808 026.

barnardos.org.au



**Barnardos
Australia**



PeerSupport



Support the transition to high school with the Peer Support Program

The Peer Support Program offers resources for both high schools and primary schools to support Year 6 students move into Year 7.

High schools use the program to help foster relationships and introduce incoming Year 7 students to their school. Primary schools use the program to build a range of skills, like confidence and organisation, in their Year 6 students that will support them to navigate high school.

The start of high school is usually the time when peer groups are established. The Peer Support Program can help students develop new friendships and connections across the school community.

Get Peer Support's free guide for teachers to support the transition to high school.

[Download the free guide](#)

The Peer Support Program helped me adapt to high school because they (the Peer Leaders) helped me get around the school when I was lost. And I knew I could always go to them when I had a problem or I was struggling with studying or being organised.

I just felt like I could talk to them about anything.

- Harper, Year 7, Mamre Anglican College

Get in touch

Sophie Sedgwick
Wellbeing Education Consultant
ssedgwick@peersupport.edu.au
0402 271 893



Family Services AUSTRALIA Psychology

Therapy • Assessments • Groups

We offer Psychological Therapy and Assessment across the lifespan

Our therapists specialise in

- Anxiety
- Depression
- Stress
- Grief & life transitions
- Neuroaffirmative care
- Parent & carer support
- LGBTIQ+ affirming practices
- Understanding child behaviour
- Trauma-informed care



We offer assessment for

- Autism
- ADHD
- Learning difficulties (dyslexia, dysgraphia, and dyscalculia)
- Mental health concerns
- Functional capacity
- Intellectual disability

Find us
Here

Our Website



find us on



@ FSA Psychology



1800 372 000 (option 2)

fsapsychology@familyservices.org.au



fsahealthwellbeing.org.au/



1 Lamerton Crescent,
Shellharbour City Centre
NSW 2529



Scan QR code
top open in
WellMob.org.au



Updated with new resources August 2024

Suicide Prevention Resources for Families and Communities

Connection to family, community and culture can play a crucial part in supporting Aboriginal and Torres Strait Islander people who are experiencing suicidality.

Evidence suggests yarning about suicide can help people feel heard and not feel so alone, and that doing activities with family, friends on country helps individuals feel connected.

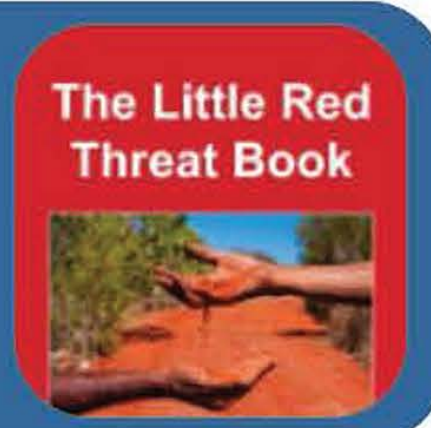
These online resources can support families and community members who want to understand how they can support people through tough times.



Documents

LITTLE RED THREAT BOOK

A booklet with information on why people may be suicidal or self-harming, what the warning signs are to look out for, and how to respond to them.



Documents

NSW ABORIGINAL SUICIDE PREVENTION CAMPAIGN STAKEHOLDER KIT: CONNECT, REACH OUT AND HEAL OUR WAY

A campaign that provides practical tips on how to reach out, yarn and offer support to someone who is suicidal.



Documents

PRIORITISING FIRST NATIONS SOCIAL AND EMOTIONAL WELLBEING AFTER TRAUMA

A fact sheet for community with information about how you may feel after a traumatic event and signs you might need support.



We recommend providing these crisis numbers

13YARN: 13 92 76

Kids Help Line: 1800 55 1800

Suicide Call Back Service: 1300 659 467

Lifeline: 13 11 14

National Indigenous Postvention Service: 1800 805 801

Beyond Blue: 1300 224 636



Videos

STRONGER TOGETHER CAMPAIGN

A campaign that includes many resources including videos and a conversation guide on what to do if someone answers 'No, I'm not OK'.

**STRONGER
TOGETHER**



Documents

TOOLKIT: SUICIDE PREVENTION INFORMATION FOR ABORIGINAL AND TORRES STRAIT ISLANDER PEOPLE

A leaflet that has information about the risk factors and warning signs to look out for when someone may be suicidal and how to respond to someone experiencing suicidality.



Videos

YARNS HEAL VIDEOS

3 short videos from Aboriginal and Torres Strait Islander people yarning about what is important to them and what helps them through tough times.



Documents

HOW ARE YOU GOING POSTER

A poster that highlights questions to understand someone's mental health and how they are going and recommends what to do if they are not going so well.



Videos

VOICES FROM THE ABORIGINAL AND TORRES STRAIT ISLANDER LIVED EXPERIENCE

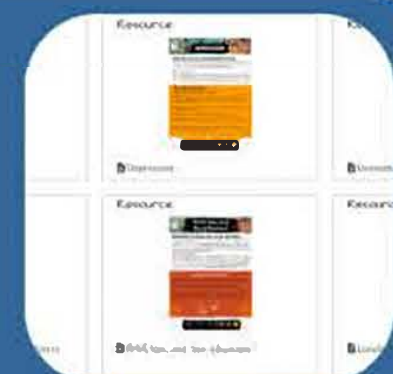
Seven short videos of people talking about their lived experiences with suicide.



Documents

13YARN FACT SHEETS

Fact sheets that provide information and practical tips on topics including grief, loss, sorry business, understanding trauma and being worried about someone.



Videos

ELDERS AND LEADERS VOICES: MESSAGES OF HOPE

Videos aimed at young people with Elders sharing their stories about connecting to culture.



Click [here](http://www.wellmob.org.au) to connect to WellMob for other resources

www.wellmob.org.au





Scan QR code
to open in
WellMob.org.au



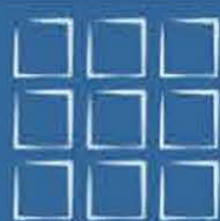
Updated with new resources August 2024

Suicide Prevention Resources for People Experiencing Suicidal Ideation

First Nations Australians are more than twice as likely to die by suicide than non-Indigenous Australians. This is due to complex, interrelated historical, political, economic, systemic, social, and intergenerational factors.

These resources can support Aboriginal and Torres Strait Islander people who are experiencing tough times and suicidality. However they are not an alternative to counselling/ other support for people at risk.

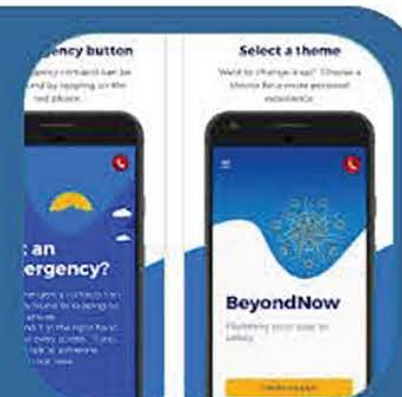
Resources For People Experiencing Suicidality



Apps

BEYOND NOW: SUICIDE SAFETY PLANNING APP

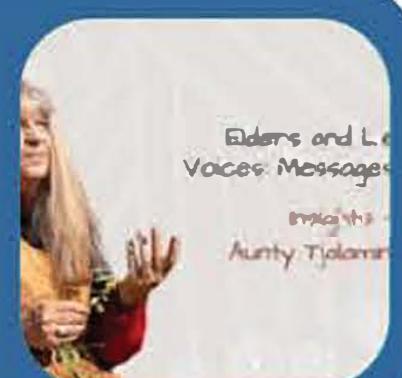
Helps you make a 'safety plan' that you can use if you have suicidal thoughts. You can select an Aboriginal and Torres Strait Islander version in the app settings.



Videos

ELDERS AND LEADERS VOICES: MESSAGES OF HOPE

Videos aimed at young people with three Elders sharing their stories about connecting to culture for social and emotional wellbeing.



Documents

TOOL KIT - HELP WHEN YOU ARE FEELING DOWN

Tips on what to do when feeling down, sad, angry, helpless or lonely.



We recommend providing these crisis numbers

13YARN: 13 92 76

Kids Help Line: 1800 55 1800

Suicide Call Back Service: 1300 659 467

Lifeline: 13 11 14

National Indigenous Postvention Service: 1800 805 801

Beyond Blue: 1300 224 636

Additional Resources for Men



Videos

MEN CAN GET SUPPORT

Several men from the town camps in Mparntwe (Alice Springs, NT) talk about what helped with their mental health and suicidality, including the importance of talking to others about what is happening.



Videos

JOE WILLIAMS INDIGENOUS MAN AND SUICIDE ATTEMPT SURVIVOR

Joe Williams, Wiradjuri man and professional athlete, talks about his struggles with mental illness and suicidality and how connecting with Culture has helped him heal.



Videos

LIFE'S HIGHWAY VIDEO

Encourages men to look out for each other if they notice someone is not alright.



Videos

STORIES FROM COUNTRY - ANDREW BACON (YAMAJI)

An animated video that aims to encourage Aboriginal and Torres Strait Islander people to seek help when they are having difficulty coping.



Additional Resources For LGBTQIA+ People



Documents

REALISING OUR TRUE SELVES

Raymond Zada talks about his experiences of realising he is gay, his fear of not being accepted by his community, and the importance of ensuring young people know that it is safe to be who they are.



Videos

YARNS HEAL VIDEOS

Stephen Oliver, Yarns Heal Campaign Ambassador, talks about coming out and trusting connecting with his community. Taz LGBTQIA+ Sistergirl and Brotherboy Ambassador, talks about the importance of connecting with community, and what hope means to him.



Websites

HERE FOR LGBTQIA+

Information about suicide, how to talk about it, how and where to get help, and how to support someone who is suicidal.



Click here to connect to WellMob
for other resources
www.wellmob.org.au





SUPER FASHION FRENZY

Proudly sponsored by Illawarra Yacht Club

Where style meets savings

Uncover a treasure trove of pre-loved (and new!) fashion. Experience guilt-free, sustainable shopping at its finest, knowing that every purchase directly empowers women on their journey towards financial independence.

Illawarra Yacht Club
1 Northcliffe Dr, Warrawong
18 & 19 October 2025

Platinum Sponsor



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NSW & ACT - ILLAWARRA

TRANSITION TO WORK PROGRAM



**Are you a young person
aged 15-24?**

**Do you want help to find
suitable work or study?**

OCTECs Transition to Work program recently started in your area. We offer free support to young people aged 15-24. We will support you to achieve your goals.

Simply call one of our consultants to find out more about the program and how we can support you.

About the Program

You will receive intensive, pre-employment support to develop practical skills to get a job.

We will connect you with education or training and with relevant support services.

We will help you job search and refer you to job opportunities in your local area.

We can offer financial support to pay for things like training, interview clothing, work clothing, work tools, driving lessons, fuel and much more.



Eligibility

Group 1 – On income support and referred by Services Australia

Group 2 – Not on income support and self-referred

If you are aged 15-24 and meet the following criteria you can self-refer to the Transition to Work program and get assistance to find employment or education that suits your goals. Eligibility Criteria (your eligibility will be assessed by OCTEC before you can commence in the program):

- Aged 15-24 *and*
- Australian citizen or holder of a permanent or nominated Visa *and*
- Not receiving an Activity Tested Income Support Payment *and*
- Not already in provider-delivered employment services *and*
- Disengaged from education *and*
- Disengaged from Employment (have not worked an average of 8hrs or more per week for the previous 4 weeks) *or*
- An indigenous Australian

The Service

You will connect with a Transition to Work Consultant on commencement who will work closely with you throughout your time in the program.

Transition to Work Consultants support you throughout your journey from commencement until you are successful in finding and sustaining suitable employment.

Our Transition to Work Consultants will assess your unique strengths, skills, goals and dreams, as well as any barriers that may be preventing you from achieving your goals.

We will equip you to compete in the local labour market.

More Information

Contact **OCTEC's Transition to Work Program** to get more information on eligibility and how our consultants can support you to reach your goals.

OCTEC Transition to Work Contact Person: Lesley Hallett

OCTEC Transition to Work Phone: 0411 438 257