



Social Futures

Elements

Are you having
a rough time?

Do you have
worries and
want to talk?

We can help.

**Support for life's important elements:
social connections, family and
emotional wellbeing.**



We acknowledge the Traditional Owners of the land where we live and work and their continuing connection to land, water, sea and community. We pay respects to Australia's First Peoples, to their unique and diverse cultures, and to Elders past, present and future.

Help to build supportive and positive family relationships through free counselling (individual and group) for 10-24 year-olds and their parents.

Elements Youth and Family Relationships Program

**We
can
help**

- **you to reflect and to refocus your goals**
- **you create healthier relationships with your family and friends**
- **support you around drug and alcohol misuse and/or mental health challenges**
- **you to recognise and change unhelpful patterns of behaviour**
- **support the elements of your life - your social, relational and emotional wellbeing**

Elements, based in Lismore, also delivers healthy relationships programs to schools.

Funded by the Australian Department of Social Services

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