

**[SOCIAL
FUTURES**

**RESILIENT
KIDS]**



Connection, choices and support for flood-affected schools, young people & their families.

We provide a range of mental health and social and emotional wellbeing activities to build the resilience of flood-affected young people (aged 8–18 years) in the Northern Rivers Region.



We acknowledge the Traditional Custodians 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.

Inclusion is about the actions we take every day. We welcome, support, and celebrate diversity.

Our goals are simple:

- ✔ **Power to choose:** We coach young people how to make positive choices that improve wellbeing and how to be a supportive friend.
- ✔ **Ready for anything:** We build confidence in young people so they can handle setbacks – and bounce back from tough situations.
- ✔ **Helping hands:** We offer counselling and support and let them know it's okay to ask for help.
- ✔ **Support for parents and carers:** We help parents and carers support their kids emotionally and socially.
- ✔ **Community fun:** We support connection through fun activities for everyone to get involved in.
- ✔ **Together as one:** We know everyone in our community has a role in supporting our kids.
- ✔ **Easy access:** We make it easy for kids and families to access services.
- ✔ **Teamwork:** We work together with other support services to provide a safety net.



Servicing: Ballina Shire, Byron Shire, Kyogle Shire, Lismore Shire, Richmond Valley, Tweed Shire

If you or someone you know needs support:

☎ 1800 719 625

info@socialfutures.org.au

For Wellbeing hub and outreach locations,
and online referrals:

socialfutures.org.au/Resilient-Kids