

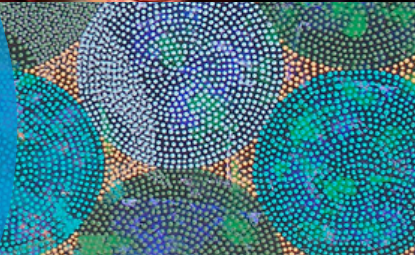


# Social Futures

## Mijung Jarjums Kids in Mind



Wellbeing  
and resilience  
for our children  
and young  
people



Images: Gary Sadler, Digby Moran, Yulianto Poirier Pirels

**We help to improve the wellbeing  
of children, young people and  
their families, so they can thrive**



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.

**Everybody has difficult times,  
even children and young people.  
Sometimes we all need a little help.  
This is what we're here for.**

**We can help by:**

- **Helping children and young people to manage feelings of anxiety, grief and loss, and stress**
- **Nurturing a sense of emotional wellbeing and resilience**
- **Helping children and young people learn how to express feelings in healthy ways**
- **Focusing on the strengths of each young person and their family**
- **Working closely with other services to help meet the needs of each young person and family**
- **Providing flexible, responsive, practical support using creativity, play and the young persons own interests**
- **Delivering group programs to schools and community**

**Mijung Jarjums Kids in Mind  
Servicing Lismore and The Richmond Valley  
02 6620 1800**

**Call or visit our website for information and referrals**

**A service for 0-18 year olds who are showing early signs of, or are at risk of developing mental illness, their families and carers.**

**Mijung Jarjums Kids in Mind is a Family Mental Health Support Service funded by The Australian Department of Social Services**

**socialfutures.org.au**

 **WeAreSocialFutures**