

Tailored Youth can support families, parents and young people through:

- Finding new ways of meeting everyone's needs
- Developing more helpful communication skills
- Finding helpful ways of dealing with tricky behaviours
- Getting more connected with their community
- Providing support for understanding emotional needs, regulation and ways to meet them
- Finding ways to get through tough times as a individual/family
- Looking for ways for families and young people to develop their resilience
- Enhancing their understanding of positive health and Wellbeing
- Supporting positive mental health

How to access Tailored Youth:

Anyone including families, schools and other services or organisations can make a referral to Tailored Youth. A referral can be made by either giving us a call or using any other contact details found on the back of this brochure.

We are able to extend our support and services to young people and schools in the Newcastle and Lake Macquarie areas.

For further information please contact our Tailored Youth team:

Ph: (02) 4942 5275

Tailoredyouth@samaritans.org.au

www.samaritans.org.au



*Previously known as Creative Times and EIA

Samaritans



Samaritans

Tailored Youth and Family Services

Tailored Youth is a free service that provides support for young people and their families who might be going through a tough time.



Support Options:

Tailored Youth can offer support through the following programs within the Newcastle and Lake Macquarie areas:

Individual/Family Support

Tailored Youth can provide one on one support to young people aged 7-18 years. Individual support can look different for everybody, depending on their unique therapeutic goal. Some common goals include; emotion regulation, social skills, school engagement, building friendships and healthy relationships.

Individual sessions are a space for the young person to explore challenges and identify helpful ways to overcome these, in a playful and creative environment. Sessions can occur in any space that is comfortable for the young person, such as at school, in the home or in the community.

This program can also include a family component, where we can work with the whole family towards a common therapeutic goal.

Group Parenting Programs

Tailored Youth can provide a variety of parenting programs which are offered in a group environment. Parenting programs provide a space for parents to explore new ideas and ways to develop their relationship with their children, provide education around emotional wellbeing as well as strategies for managing tough times in the family home.

Parenting programs can be facilitated in the community, schools, or our local office.

School Group Programs

Tailored Youth can facilitate specialised group programs within both High School and Primary School settings. These programs are developed in collaboration with school staff based around what is happening for their students.

Some common topics that can be covered, but not limited to, include; healthy relationships, tough times, emotional regulation, social skills and mental health and wellbeing. Tailored Youth present these topics in a fun, safe and creative way utilising games and activities.

School Group Programs are term based and are delivered over 8 weeks.

Afternoon Group Program

Tailored Youth provide a therapeutic after school program for young people between 8-12 years. This program can provide a space for young people to practice and develop new skills.

The group aims to support young people as they practice social skills, finding helpful ways of dealing with tricky behaviours, developing communication skills and more.

Each young person attending afternoon group will be working towards an individualised therapeutic goal. Some common goals can include; building confidence, making friends, tackling big emotions and more.

As part of this program, we provide a family component where we can share in conversations around our goal, and how we can continue to practice this outside of group, such as at home or at school.

Afternoon Group is delivered two afternoons per week from 3pm-5pm. Eligibility for this program is subject to families being in close proximity to one of the program locations.