

Youth and Family Services



Every family is different

WHAT ARE YOUTH & FAMILY SERVICES?

Life can be tough — for young people and their families. Relationships can feel strained, and finding the right support isn't always easy. Our Youth & Family Services are here to help strengthen family connections, support emotional wellbeing, and build a sense of community. We work alongside young people and their families, supporting them to make the positive changes they want for themselves, their relationships, and their futures.

HOW DO WE SUPPORT YOUNG PEOPLE AND FAMILIES?

We offer flexible support that meets young people and families where they're at — emotionally, practically, and even physically. Support can be one-on-one or as a family, depending on what works best.

Our Youth & Family Workers:

- Help identify strengths and set personal goals
- Work together to create a clear, tailored support plan
- Provide advice, emotional support, and parenting/relationship skills
- Offer information and referrals to other helpful services

We also run a variety of programs in schools and the community for young people, and free parenting courses for parents and carers.

Support can happen at one of our centres, in schools, homes, or other locations that feel comfortable and safe.

Our support includes:

- Parenting and relationship skills
- Providing information about services
- Assisting with access to services

WHO IS IT FOR?

- You live in the Tweed, Byron or Ballina Shire
- Young people aged 12-17 years and/or their parent/carer

The service is completely free — there is no cost to you