

YOUTH & FAMILY COUNSELLING TEAM PRESENTS

CYA **SKILLS ADDITION**

CYA (Choose Your Adventure)
is a **FREE** program for 15–25 year olds.

Want to feel more confident, job-ready, and prepared for real life?
Join our free skills sessions this **September & October** and walk away
with certifications and practical knowledge you can actually use.

SPOTS ARE LIMITED - REGISTER VIA QR CODE

**Mon 21st
Sept**
(Ringwood)



First Aid & CPR
(15 years +)



Budgeting and money
skills workshop
(15 years +)



**Tues 22nd
Sept**
(Ringwood)

**Mon 28th
Sept**
(Ringwood)



Mental Health First
Aid
(18 years +)



Responsible
Serving of Alcohol
(16 years +)



**Fri 2nd
Oct**
(Boronia)

FOR GENERAL ENQUIRIES PLEASE CONTACT YOUTHANDFAMILYVIC@EACH.COM.AU

Each

