

KYDS 2022 ONLINE WELL-BEING WORKSHOPS

Mondays & Wednesdays 4-5pm



Research from Mission Australia consistently shows “mental health” and “coping with stress” to be in the top three concerns of young people throughout the country. KYDS Youth Development Service believes that with the right guidance, these challenges can and will be addressed.

We believe and that every young person has the right to a healthy and fulfilling start in life and a positive schooling experience. We are helping to empower a generation to live happier, healthier and more meaningful lives.

What we know is that when we try to work through a problem on our own, stress levels increase, and when we work through it as a group, the reverse happens – even if we don’t end up “solving” the problem!

How is the program run?

➤ Client-centred & evidence-based approach:

While we explore several evidence-based strategies to improve well-being, our approach is to allow participants to find what works best for them, and we continuously improve our processes upon on the feedback we receive from the participants themselves.

➤ Quality recruitment & training:

Our facilitators have current & valid Working With Children Checks, they are selected based on their understanding and experience in the well-being space and their passion for helping young people, while our training is geared towards continuous improvement in the knowledge and delivery of content.

➤ Compassion, respect & understanding:

Unlike many programs out there, our approach is not to talk “at” the students, but rather to talk with them and treat them as adults - our role is to facilitate difficult conversations and help students navigate topics they either can’t or won’t talk about with their parents or teachers.

➤ Confidentiality & safety:

We run our programs according to standard professional counselling guidelines by offering a safe and confidential space - nothing that is shared in the room leaves the room unless we believe someone is at risk of harming themselves or another person. To allow for the privacy of participants, we request that parents/caregivers do not sit in on these sessions.

What does the program consist of?

The program is run on a weekly basis on Mondays 4-5pm and on Wednesdays 4-5pm (participants can choose to attend either). Each week involves a check-in with each participant about how their past seven days has been, followed by a group discussion by delving into common challenges and exploring possible solutions. We then have a check-out by discussing any upcoming challenges over the next seven days and a plan to address these.

Common themes which arise include:

- Coping with stress & anxiety
- Building motivation & overcoming procrastination
- Anger management & emotional regulation
- Social media & technology health
- Relationship & communication challenges
- Drug & alcohol safety
- And more

While participants can attend as many or as few of these sessions as they like, please note that places are limited.

How can I get involved?

To register in the program or if you have any further questions, please email the participant’s name, age and email to programs@kyds.org.au.

Once registered, there will be an email reminder sent out each week with a Zoom link attached.

www.kyds.org.au 

programs@kyds.org.au 

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