

# YOUTH SERVICES

## STUDENT UPDATE



**The Greater Dandenong Youth Services team are here to support you during COVID-19.**

Whether you're looking for ways to stay connected, information and advice, or even just ideas to keep you entertained at home - we're here to help.

Check out this newsletter to find out what's on offer at the moment.

## COVID-19 RESOURCE HUB

We've updated our website with useful information and ideas that you can use to keep positive, motivated and focused during COVID-19 restrictions. There's a bunch of free resources to support your online learning, as well as fun activities that you can try from the comfort of your own home.

[Check it out here](#)

## PERSONAL SUPPORT

**Our youth workers are here and available to support you!**

We can provide information and strategies to improve your mental health and wellbeing, talk about your worries and concerns, and connect you with other local services. Sessions of up to 30 minutes are available by phone or video chat.

[Find out more](#)



## FREEZA COMMITTEE

Our FReeZA Committee meets weekly to plan and deliver youth events for the local community. Gain practical volunteer experience, meet new people, and develop skills in event planning, stage management and technical production.

[Find out more](#)



## UNITE ALLIANCE

Unite Alliance is for young people aged 14-25 years, including LGBTIQ+ young people and allies.

This program provides a space to connect with your community and plan projects that help reduce discrimination and inequality. We meet weekly to learn about healthy relationships, mental health and wellbeing, and participate in fun activities.

[Find out more](#)

## WEAR IT PURPLE DAY

Wear it Purple day is happening on **Friday 28 August**.

It is an annual awareness day for LGBTIQ+ young people to show that they are seen, supported and have a right to be proud of who they are.

Follow us on [Facebook](#) and [Instagram](#) to check out our social media campaign and see how you can get involved.





## HAVE YOUR VOICE HEARD

**We want to know how COVID-19 has impacted you!**

We're looking for young people aged 12-25 to share their thoughts and experiences, to help us understand how COVID-19 has affected young people in the City of Greater Dandenong.

There are opportunities to complete an online survey, interview or focus group discussion. Participants will have the chance to enter the draw to win a \$50 gift voucher.

[Find out more and get involved](#)

## PERFORMER CALLOUT

We are looking for young performers to feature in our upcoming online event, **Amplified 2.0**.

From singing, rapping, and musical performance, to dancing, comedy and poetry - we want to show off your talent! Contact us if you, or someone you know, has a talent that we can share.

[Find out more](#)



## CANCELLED: ART COMPETITION

Due to the COVID-19 restrictions being reinstated, the '**Greater Dandenong. My Place. My Community**' art competition will be postponed until next year.

This gives you plenty of time to keep thinking about what you love about your community and create a truly amazing piece of art.

If you'd like to receive updates about the art competition, [please complete this Expression of Interest form](#). You'll be one of the first to know!

## SKILLS COLLECTIVE

**Do you have a skill to share with others?  
We want to showcase your abilities!**

Through social media videos, you will have the opportunity to teach other young people basic skills and encourage healthy lifestyles during COVID-19 restrictions.

**To get involved, please contact 9793 2155  
or email [youthservices@cgd.vic.gov.au](mailto:youthservices@cgd.vic.gov.au)**



## COMING SOON: HOLIDAY ACTIVITIES

Get your friends together online during the school holidays and join us for some music trivia (*cheesy music warning*), learn how to make a mug cake in under 5 minutes, as well as 12 other online activities for you to check out!

Keep an eye on our social media for further updates and information.



## FIND OUT MORE

For more information, please contact us:

**Greater Dandenong Youth and Family Services**

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[facebook.com/cgdyouthservices](https://facebook.com/cgdyouthservices)

[greaterdandenong.com/youthservices](https://greaterdandenong.com/youthservices)

We are proudly drug, alcohol and smoke free



**9793 2155**



TTY: 133 677

Speak and listen:

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