

# Illawarra Shoalhaven Local Health District

Term 2 2025

## Welcome!

Welcome to the 30th edition of the ISLHD School-Link Newsletter!

This issue explores Adverse Childhood Experiences (ACEs), ACEs are potentially traumatic events that occur in childhood, for example witnessing violence, having a family member go to jail or having a family member with mental health concerns.

There is a significant link between a person's exposure to ACEs in childhood and their physical and mental health throughout their lives. ACEs are linked with chronic health problems, mental illness, and substance use in adulthood.

The more ACEs a person has experienced, the greater the risk of them experiencing a range of issues such as chronic disease, depression and anxiety throughout their lifetime.

## About School-Link

Aims of the School-Link Initiative:

- Early identification of mental health issues
- Provide access to evidence-informed mental health programs in schools and TAFEs
- Early-access to specialist mental health services
- Support for the recovery journey

## Useful website: ISLHD Mental Health Services

ISLHD delivers specialist mental health assessment and care across community and inpatient settings and in partnership with a range of other government agencies and services.

<https://www.islhd.health.nsw.gov.au/services-clinics/mental-health>



## Circulation

- ☐ Principal
- ☐ Deputy Principals
- ☐ Counsellors
- ☐ Head Teachers
- ☐ Year Advisors
- ☐ HT Welfare
- ☐ LS Team
- ☐ SSO
- ☐ PD/H/PE
- ☐ Staff Room
- ☐ Students

## ISLHD School-Link Website

Resources from NSW School-Link teams:

<https://www.islhd.health.nsw.gov.au/services-clinics/school-link-illawarra-shoalhaven>



## Contact Details

Illawarra Shoalhaven Local Health District (ISLHD)

Child, Adolescent & Youth Mental Health Service (CAYMHS)

Level 7, 5 Bridge St, Coniston NSW 2500

**David Bunder: School-Link Coordinator**

Mobile: 0427 424 514

Email: [david.bunder@health.nsw.gov.au](mailto:david.bunder@health.nsw.gov.au)

**Johanne Sneddon: School-Link Coordinator**

Mobile: 0459 880 578

Email: [Johanne.Sneddon@health.nsw.gov.au](mailto:Johanne.Sneddon@health.nsw.gov.au)

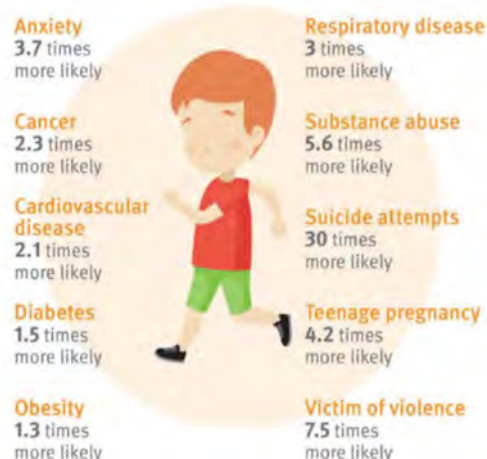
Adverse childhood experiences, or ACEs, are potentially traumatic events that occur in childhood (0-17 years)). People experiencing ACEs have a higher risk for chronic health problems, mental illness, and substance use problems in adulthood. ACEs can also negatively impact education, job opportunities, and earning potential. However, the impact of ACEs can be prevented.

### Types of ACEs may be;

- Physical, Emotional or Sexual Abuse
- Physical or Emotional Neglect
- Mental Illness in the Household
- Substance Abuse in the Household
- Exposure to Domestic Violence
- Parental Divorce
- An Incarcerated Relative
- Loss of a Parent or Caregiver
- Living in Out-of-Home Care
- Experience of Bullying or Discrimination
- Having a Life-Threatening Illness
- Having a Serious Medical Procedure

<https://acestoohigh.com/got-your-ace-score/>

### The likelihood of health risks with four or more ACEs:



### What can Schools do to support?

- **Promote Social Norms Against Violence**
  - Educate students on and encourage them to speak up when they see violence
  - Shift social expectations not just individual attitudes
- **Teach Healthy Relationship Skills**
  - Teach students how to handle conflict, negative feelings, and pressures from peers
  - Encourage students to be supportive of each other
- **Connect Youth with Caring Adults and Activities**
  - Be a positive role model for students
  - Reduce stigma around seeking help
  - Encourage and help students to access supports

### Prevalence

In Australia, it is estimated that one in five adults are affected by the trauma caused by adverse childhood experiences.

Results from a study in the USA show that as many as 60% of the population have experienced at least one adverse experience during their childhood.

### Benefits of Addressing ACEs

- Healthier relationships
- Better performance in school
- Higher graduation rates
- Fewer mental health problems
- Less substance use
- Fewer behaviour problems and arrests for violent crimes

### Resources:

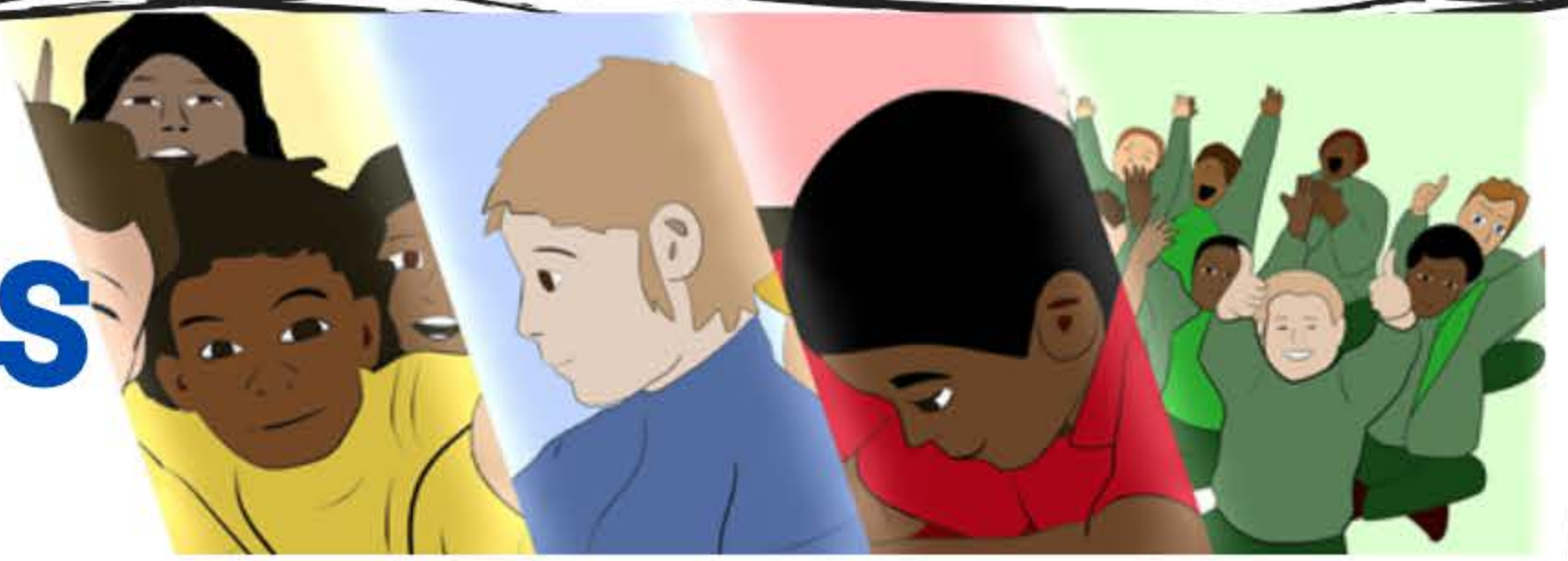
[https://www.cdc.gov/violenceprevention/aces/index.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fviolenceprevention%2Facestudy%2Findex.html](https://www.cdc.gov/violenceprevention/aces/index.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fviolenceprevention%2Facestudy%2Findex.html)

Hughes KP, Bellis MA, Hardcastle KA, Sethi D, Butchart A, Mikton C, et al. The effect of multiple adverse childhood experiences on health: A systematic review and meta-analysis. *Lancet Public Health* [Internet]. 2017 Aug [cited 2018 Dec 04]; 2(8): e356-e366.

Kezelman C, Hossack N, Stavropoulos P, Burley P. The cost of unresolved childhood trauma and abuse in adults in Australia [Internet]. Sydney Australia: Adults Surviving Child Abuse and Pegasus Economics; 2015. 71



# TEACHER'S GUIDE



## Supporting the wellbeing of primary school children

### A Resource for Primary School Teachers

(UPDATED MARCH 2025)

The Teacher's Guide provides intervention strategies to support a Primary School student demonstrating behaviours of concern, which may be affecting their capacity to engage educationally or socially.

Each intervention strategy can easily be applied by a teacher in the classroom or playground, they require no additional training or the purchase of extra resources.

Each intervention strategy has a strong evidence base identified from peer reviewed literature. The resource was formally evaluated, in partnership with UOW, finding "the 'Teacher's Guide' website effectively supports primary school teachers with practical strategies to enhance student wellbeing".

The Teacher's Guide takes an early intervention approach, applying effective intervention strategies early may prevent a behaviour escalating into something more difficult to manage. If behaviour is not addressed by these interventions, this may indicate that the student requires more specialist support.

**Access the Teacher's Guide:**  
<https://www.islhd.health.nsw.gov.au/services-clinics/school-link-teachers-guide>

This free resource is for any school staff working with Primary School students.



The Teacher's Guide was developed by the  
School-Link Initiative of the Illawarra  
Shoalhaven Local Health District





## Operation Blue Card

*Everybody can have difficulties in life, many of these difficulties we can solve ourselves,  
but sometimes we need help.*

It can be hard and sometimes an impossible task for anyone in crisis to summon up the courage and the words to ask for help.

The Blue Card can reduce the difficulties young people may have when they are struggling to ask for help. Simply handing a Blue Card to a friend, colleague or trusted adult can inform them that help is being requested and the Blue Card provides advice on how to provide that help.

*Seeking help can be the first step towards recovery.*

Front side



Reverse side



Blue Cards are provided free to organisations operating within the Illawarra and Shoalhaven. Organisations outside of the Illawarra and Shoalhaven are charged a small fee to cover postage.

**FOR MORE INFORMATION ON THE BLUE CARD, OR TO ORDER CARDS,  
PLEASE GO TO:**

<https://www.sspan.org.au/blue-card/>



SSPAN is a network of representatives from local services and community organisations. We work closely with the community to raise awareness on suicide with the aim to reduce the impact of suicide in the Shoalhaven.



# Black Box PARENTING

**Albion Park Rail School Community Centre**

**Tongarra Road**

**Albion Park Rail NSW 2527**

This program is designed to support parents who are facing challenges beyond their usual parenting needs. It offers a practical and non-judgmental approach to parenting.

## Key Benefits:

- **Understand the Impact of Past Experiences:** Explore how past experiences might influence the way you interact with your family today.
- **Identify Relational Patterns:** Learn about common relational patterns and how to address them to foster healthier relationships.
- **Develop Parenting Skills:** Gain practical skills to manage your child's behaviour and create a more supportive family dynamic.
- **Self-Care for Effective Parenting:** Learn why taking care of yourself is essential for being the best parent you can be.

This program aims to provide valuable insights and tools that support both your personal well-being and your ability to parent effectively.

**FREE 5 WEEK PARENTING PROGRAM**  
**WEDNESDAY 21 MAY TO 25 JUNE, 2025**  
**10AM-12PM**

To register call Family Services Australia

Kristy on 0447 462 854

Limited child minding available



**Family Services Australia**



ALBION PARK RAIL  
SCHOOL COMMUNITY CENTRE  
FAMILY CENTRED, CHILD FOCUSED  
CONNECTING SCHOOLS AND COMMUNITIES



**Health**  
Illawarra Shoalhaven  
Local Health District





# Black Box Parenting Program

*Exploring and understanding your parenting, your children and the way you interact together.*



## About the Course

Black Box Parenting is a 5 week program that explores how previous life events and experiences can influence our parenting and effect the messages we give and receive. Parents and caregivers can begin to understand a bit more about themselves and their children and the way they interact.

## What will I learn?

- ☉ How trauma & stress can affect children, relationships & attachment between children & caregivers
- ☉ How the past can impact us in the present
- ☉ Managing your child's behaviour and looking after yourself as a parent

## When is it?

- Dates:** The program consists of 5 face-to-face group sessions  
Tuesday 27th May- 24th June 2025
- Time:** 10:00am - 12:30pm
- Location:** The Jane Ardler Centre, 51 - 53 Berry Street, Nowra 2541
- Contact:** 1800 267 327 or email: [fcs@southcoastams.org.au](mailto:fcs@southcoastams.org.au)

South Coast  
Medical Service  
Aboriginal Corporation



- ☎ (02) 4448 0200
- @ [fcs@southcoastams.org.au](mailto:fcs@southcoastams.org.au)
- 🌐 [www.southcoastams.org.au](http://www.southcoastams.org.au)
- f follow us: @scmsac
- i ICN 182



# ***“Staying Connected When Emotions Run High”***



*Photo supplied by: Stonemeadow Photography*

An introductory workshop  
for **Professionals**  
who work in **Government**  
and **Non-Government**  
**Organisations**

Proudly facilitated by

**Dr Annemaree Bickerton** (Child, Adolescent and Family Psychiatrist) and  
**Toni Garretty** (Mental Health Educator)

## **Hosted by – Stride, Family & Carer Mental Health Program**

Staying Connected When Emotions Run High is a set of Five Strategies empowering professionals to be a resource to a person in distress. The training is proudly facilitated by Dr Annemaree Bickerton (Child, Adolescent and Family Psychiatrist) and Toni Garretty (Mental Health Educator).

Professionals will learn about the typical relationship patterns "fear and worry dances" which instinctively activate between closely connected humans in distress.

Participants will be invited to think how they may utilise the strategies to manage their own "dances" in their professional lives and how to use the strategies to educate the families, carers and clients when symptoms of distress are high. These symptoms are most commonly experienced by people with mental health issues, substance misuse and or developmental disorders.

### Learning outcomes

- Increased understanding of emotion dysregulation
- Identify the "four carer dances" and their role in emotion dysregulation
- Knowledge of the "five key relationship strategies" in order to become a helpful resource to someone in distress
- Understanding "relationship triangles" – Karpman's Model
- Introducing the concept of Safety Planning "Like a Fire Drill" to promote safety when distress or risk escalates

**A workbook and certificate recording 6.5hrs training will be supplied.**



# ***“Staying Connected When Emotions Run High”***

*If you are working within the **Illawarra Shoalhaven Mental Health Service**, please disregard this flyer and contact Danielle/Stride – [familyandcarer@stride.com.au](mailto:familyandcarer@stride.com.au) for further details.*

**Venue:**     **The Shellharbour Club**  
Crn Wattle & Shellharbour Rd, Shellharbour

**When:**     **Tuesday 13<sup>th</sup> May 2025**

**Time:**     8:40am for registration (9am start) to 4:30pm.  
Registration Open

Completed registration forms, dietary needs and payment must be submitted by **Tuesday 6<sup>th</sup> May 2025.**

***COST \$95 per person-*** Morning tea, lunch, workbook and certificate provided.

**Payment & Bookings can be made via: TryBooking**

**<https://www.trybooking.com/DAKMT>**



**REGISTRATION:** Please complete payment and relevant questions for the event in Trybooking

**Further enquiries:** [familyandcarer@stride.com.au](mailto:familyandcarer@stride.com.au)

or

Danielle Carson 0431 163 617



# Presence Program

Supporting  
separated Fathers  
to be more present  
in the lives of their  
children

## What we offer

- Monthly groups
- One on one peer support conversations
- Resource library
- Support with putting family plans in place
- Advocacy to support you with working with services

### Get in touch today

✉ [presence@thefatheringproject.org](mailto:presence@thefatheringproject.org)  
☎ PH: 0437 567 868  
🌐 [www.thefatheringproject.org](http://www.thefatheringproject.org)





# Warrawong NAIDOC Family Fun Day

8th July 2025 10AM TO 1PM

DARCY WENTWORTH PARK  
33 CARLOTTA CRESCENT, WARRAWONG

## Save the Date!

Join us as we celebrate NAIDOC Week  
2025 and our Aboriginal & Torres  
Strait Islander Cultures.

For more info contact Kerri at [kwebster@illawarralegalcentre.org.au](mailto:kwebster@illawarralegalcentre.org.au)



 South Coast Medical Service Aboriginal Corporation

# NATIONAL SORRY DAY

*Join us as we walk in honour of Stolen Generations Survivors,  
reflecting on our shared journey toward healing and reconciliation.*

**Monday, 26<sup>th</sup> May 2025 | 10:00am - 2.00pm**

• DANCE • MUSIC • TRUTH-TELLING • SAUSAGE SIZZLE • CONNECTION

**Meet @:** Harry Sawkins Park, Nowra @: 9:30am | Walk begins: 10:00am

**Route:** Scenic Dr. to Nowra Showgrounds (New location for safety & growing numbers)

Those unable to walk can gather at Nowra Showgrounds Added Area (bottom field).

This event is a powerful day of remembrance, resilience, and uniting acknowledging the history of the Stolen Generation, as well as acknowledging the significance of the Aboriginal Children's Home in Bomaderry, and the effects and impacts this had on the Stolen Generation. This event will acknowledge the strength of those Stolen Generation Survivors and reflect on how we can all play a part in the healing process for our people and nation.

*Bring along a picnic lunch or enjoy a sausage sizzle, and stay for a yarn after.*



Provided by South Coast Medical Service Aboriginal Corporation in partnership with CBACH (Children of Bomaderry Aboriginal Childrens Home).

South Coast  
Medical Service  
Aboriginal Corporation



 (02) 4448 0200 or 1800 215 099

 [www.southcoastams.org.au](http://www.southcoastams.org.au)

 [intake@southcoastams.org.au](mailto:intake@southcoastams.org.au)



# Seasons for Life

Increasing the capacity of Australian secondary schools to prevent and respond to suicide loss

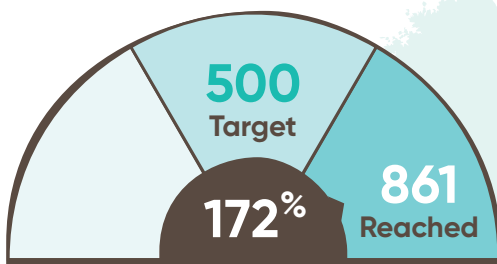


July 2022 - March 2025

Funded by the Department of Health and Aged Care under the National Suicide Prevention Leadership Support Program (2022-25), Seasons for Life supports young people by building the capacity of staff in Australian secondary schools.

861

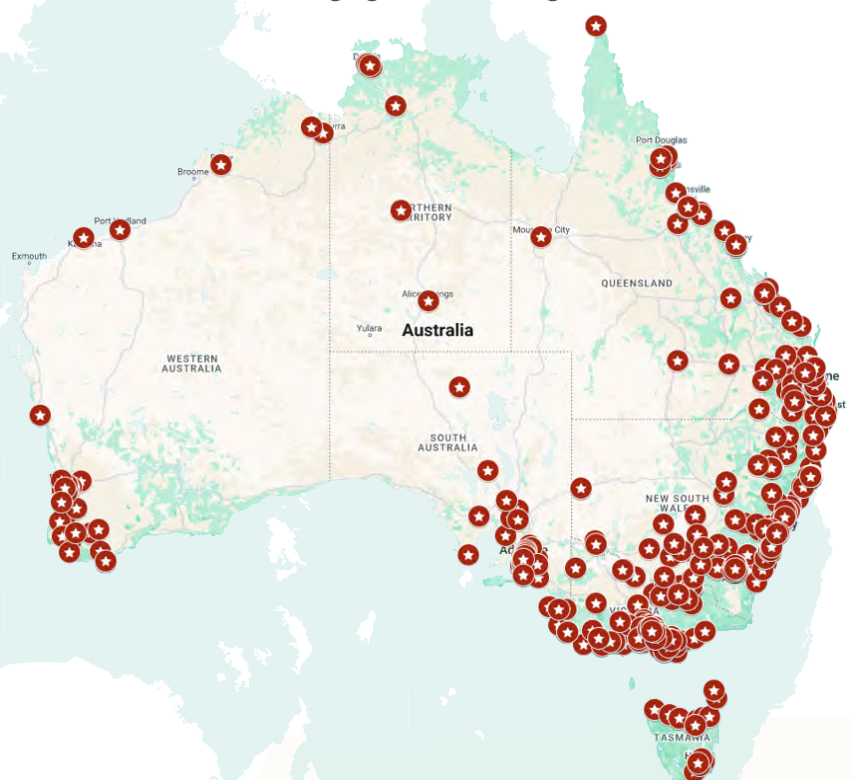
Schools engaged in the initiative



Achieved 172% of targeted 500 schools

621

Schools engaged in training nationwide

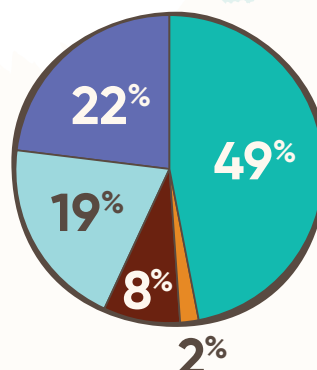


1291

Facilitators trained nationwide

Aboriginal and Torres Strait Islander Services	9
Allied Health/Health Worker	20
Chaplain/Minister/Priest	89
Community Worker	27
Counsellor	211
Pastoral Care Worker	38
Principal/Deputy/Assistant	14
Psychologist/Social Worker	232
Student Support	136
Teacher/ Other Education	163
Wellbeing	92
Youth Worker	60
Undisclosed/ Volunteers/ Other	200
<b>Total</b>	<b>1291</b>

School identified reasons for engaging as:



- Prevention (49%)
- Postvention (22%)
- Other significant loss (8%)
- Disaster (2%)
- Undisclosed (19%)

School location identified as:

- 48% Urban/ metro
- 52% Regional/ remote

The Seasons for Life initiative is designed to build the capacity of a school community to support their young people, parents and carers, and staff following a suicide or other loss event.

The initiative provides Australian secondary schools with:

**Seasons for Life:  
Five components,  
one wraparound  
initiative**

Schools can choose to benefit from one, more, or all five components.



**All Staff Professional Learning session**

to build the capacity of school staff to understand, recognise and effectively support young people experiencing loss and grief, including a loss by suicide.

**Training for staff to deliver the evidence-based Seasons for Growth**

program to strengthen the emotional and mental wellbeing of young people who are adapting to experiences of change, loss and grief in their lives, including a loss by suicide.

**Training includes supplementary learning**

that highlights considerations specific to implementing the program following a loss by suicide.

**Training for staff to deliver the Parent/Carer Session** to build understandings about loss, grief, the impact of suicide loss on young people, and what parents and carers can do to support their children.

**Keeping Spirit Strong** resources that have been co-created with Aboriginal and Torres Strait Islander people to build the cultural knowledge, confidence and skills of school staff to provide support to Aboriginal and Torres Strait Islander families experiencing loss and grief.

Funded by the Department of Health and Aged Care (2022–25) under the National Suicide Prevention Leadership Support Program, Seasons for Life is overseen by a national Advisory Group and will be evaluated by the University of New England.

“

An understanding of who experiences loss after suicide and how it affects the wider community (and particularly people who have experienced suicide in the past).  
Reminder that teens will definitely still need adult support during this time (even if they are highly reliant on friends at this point in their lives).

Trained Facilitator – Seasons for Growth ”

“

Seasons for Growth will contribute to a healthier Tasmania. ”

Tim Chugg,  
Independent Schools Tasmania







**FREE PROGRAMS TERM 2, 2025**

# APR Schools as Community Centre



Claire M: 0448 564 219

E: [Claire.Jones42@det.nsw.edu.au](mailto:Claire.Jones42@det.nsw.edu.au)

**MONDAY**

Young Yarns Playgroup

9:30am - 11:30am

Aboriginal families are welcome to come along to Noah's Playgroup, a fun place to play with your Booris and connect with other families in a supported environment.

Places limited. **Contact Jocelyn from Noahs on 0427 565 697**



**TUESDAY**

Play Strong Playgroup 0 - 5 years

9:00am to 11:00am

What to bring: Hat and water



**WEDNESDAY**

MyTime parent support group

10am to 12pm

MyTime is a support group for parents and carers of children with disabilities or other additional needs. A place to unwind and talk about your experiences. Claire will help members get to know each other and help you connect with support services and access learning resources.

**THURSDAY**

Playgroup 0 - 5 years

9:00am - 11:00am

What to bring: Hat and water



**FRIDAY**

Kindergym

9:30 - 10:15 crawlers to 6 yrs

Kindergym is a movement based playgroup for families and young children where they can experience activities that encourage them to think, create construct and problem solve.

Transition to school Kindergym

10:30am - 11:30am - Kindergarten 2026

TTS is a gymnastics based movement class for 2026 school starters to have the opportunity to develop and practice skills needed for school through fun, hands-on, play-based activities.





**FOSTER CARE**

# Myth:

We can't. We're in a  
same sex relationship...



# Fact:

Many of our best carers are.



**Bust the myths**

Learn more about foster care

1300 554 260 | [caresouth.org.au](https://caresouth.org.au)

**CareSouth**  
**EVERYDAY**

CareSouth Ltd. | ABN 97 065 193 035



**FOSTER CARE**

# **Myth:**

I need to be well off...



# **Fact:**

The best gift you  
can give is time.



**Bust the myths**

Learn more about foster care

1300 554 260 | [caresouth.org.au](https://caresouth.org.au)

**CareSouth**  
**EVERYDAY**

# Strengthening Relationships

Term 2, 2025

## For parents and carers

### Circle of Security Parenting™ (abbreviated) - 5 x 2 hours weekly / \$75

At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

Term	Location	Dates	Day	Time
Term 2	Online	8, 15, 22, 29 May, 5 June	Thursday	10-12
	Wollongong	4, 11, 18, 25 June, 2 July	Wednesday	5.30-7.30

### Supporting Your Child Experiencing Anxiety - 3 x 2 hours weekly / \$45

Understanding how to support your child through feelings of anxiety can be very challenging. This group will help you understand more about your child's needs and how you can support and encourage your child to effectively manage anxiety.

Term	Location	Dates	Day	Time
Term 2	Online	18, 25 June, 2 July	Wednesday	10-12

### 123 Magic and Emotion Coaching Inclusive - 3 x 2 hours / F2F 3 x 2 ½ hours / \$45

Supporting your child through the many challenging behaviours they may display each day, can be difficult and exhausting. This group will help you understand why the behaviour may be occurring, and simple effective strategies to manage the behaviours in a safe and effective way.\*This program is inclusive of parents of neurodivergent children and our F2F sessions will be an opportunity for parents with similar experiences to explore and discuss the content together.

Term	Location	Dates	Day	Time
Term 2	Online	18, 25 June, 2 July	Wednesday	5.30-7.30

### Bringing Up Great Kids - 4 x 2 hours weekly / \$60

Bringing Up Great Kids promotes and supports respectful, caring, and nurturing relationships between parents and their children. Parents are encouraged to become more reflective and mindful in their parenting approach.

Term	Location	Dates	Day	Time
Term 2	Online	7, 14, 21, 28 May	Wednesday	5.30-7.30

### Bringing Up Great Teens - 4 x 2 hours weekly / \$60

Support your child through this time of development, learn how to stay connected, while giving them the independence they desire, understand the changes they are going through, and how to manage conflict and risk taking behaviour, while maintaining a positive relationship.

Term	Location	Dates	Day	Time
Term 2	Online	10, 17, 24 June, 1 July	Tuesday	10-12

## For parents after separation

### Keeping Kids in Mind - 5 x 2.5 hours weekly / \$150

Parenting after separation can be difficult for both you and your child. Witnessing ongoing conflict can have a negative impact on a child's development. Learn how to support your child and deal with both the practical and emotional challenges of parenting after separation.

Term	Location	Dates	Day	Time
Term 2	Online	6, 13, 20, 27 May, 3 June	Tuesday	5.30-8
	Wollongong	5, 12, 19, 26 June, 3 July	Thursday	5.30-8



# Strengthening Relationships

**Term 2, 2025**

## With a special focus

### Seeing Red - 5 x 2 hours weekly / \$75

Strong emotions are natural and are felt by everyone. Learn to recognize, communicate and listen to your feelings, as well as the feelings of those around you. Learn to express these feelings in an assertive way and how to enhance your relationships through respectful, positive communication.

Term	Location	Dates	Day	Time
Term 2	Campbelltown	7, 14, 21, 28 May, 4 June	Wednesday	5.30-7.30

### Black Box Parenting - 5 x 2.5 hours weekly / FREE

Explore how previous life events, experiences and/or trauma influence your parenting and how you interact with your children. Facilitators will provide a non-judgmental environment to help you improve your social and emotional wellbeing to support your parenting journey.

Term	Location	Dates	Day	Time
Term 2	Campbelltown	6, 13, 20, 27 May, 3 June	Tuesday	10-12.30
	Wollongong	7, 14, 21, 28 May, 4 June	Wednesday	10-12.30

### My Kids and Me - 7 x 2.5 hours weekly / FREE

The jumble of emotions and processes involved when having a child removed from your care can be hard to understand, manage and navigate. Join us in a safe, supportive environment, to discuss and reflect on these challenges and learn strategies to strengthen the relationship with your child.

Term	Location	Dates	Day	Time
Term 2	Wollongong	13, 20, 27 May, 3, 10, 17, 24 June	Tuesday	10-12.30
	Nowra	15, 22, 29 May, 5, 12, 19, 26 June	Thursday	10-12.30

### Seasons for Growth - Adults - 4 x 2.5 hours fortnightly / \$60

Learn about the personal impacts of change, loss, and grief, in a safe and supportive environment. Improve your wellbeing, learn new coping skills to manage how you are feeling and connect with others

Term	Location	Dates	Day	Time
Term 2	Campbelltown	10, 17, 24 June, 1 July	Tuesday	10-12.30

**NEW**

#### Self Care Session (FREE)

Join a supportive, relaxing environment to explore and discuss the importance of self-care. Spend time discussing areas of self-care, proactive approaches, strategies and achievable ideas, and participate in a self-care activity.

Wollongong	Tues 1st July	10-12
Campbelltown	Tues 1st July	10-12
Nowra	Thurs 3rd July	10-12

**NEW**

#### Family Wellbeing (FREE)

Join a relaxed, informative session on how to nurture the wellbeing of your family. The sessions will cover Family Resilience, Family Values, Family Connection, Family Self Care & Family Mindfulness

Online	Tues 17th June	10-12
--------	----------------	-------

### Contact us

02 4254 9395

[intakeservice@catholiccare.dow.org.au](mailto:intakeservice@catholiccare.dow.org.au)

[www.catholiccare.dow.org.au](http://www.catholiccare.dow.org.au)

**Wollongong**  
**Campbelltown**  
**Nowra**

**25-27 Auburn Street Wollongong**  
**35A Cordeaux Street, Campbelltown**  
**55 Worrige St, Nowra**

Funded by the Australian Government Department of Social Services. Go to [www.dss.gov.au](http://www.dss.gov.au) for more information.

Concessions available \*GST may apply \*\*Schedule subject to change \*\*\*Conditions apply to complete online groups  
Please note some groups may have limited availability.

Scan QR code to access  
the registration form



# Come and visit the Early Start Discovery Space



The Early Start Discovery Space is an inclusive place for children and their adults to visit, with a range of experiences and public programs to participate in.

To help ensure autistic children and those with sensory sensitivities feel comfortable and ready to explore our space, we have collaborated with Aspect (Autism Spectrum Australia), to create two new resources: a Social Story and a Sensory Map.

This Social Story will illustrate what to expect upon arrival and what you might see and experience throughout the different spaces. Our Sensory Map uses symbols to indicate high and low sensory areas throughout the space.

We look forward to welcoming you soon.

**A partnership between**





# Factsheet



## Five things to understand: Sharing photos of your child on social media

- 1. Purpose and Audience:** Photographs reflect moments in time and are shared for various reasons. Consider the purpose of the photo and who will see it when shared in different contexts.
- 2. Digital Footprints:** Every online interaction—websites visited, photos shared, comments made—creates a digital footprint that can be hard to change or erase. Think about the digital footprint you are creating for your child and how they might feel about it now and in the future.
- 3. Privacy and Consent:** Involve children in deciding what is shared about them. Children have the right to be asked for consent when their photos are taken, shared, and used, just like adults.
- 4. Protective Sharing:** Use creative photography techniques to protect a child's identity when sharing images online. Examples include photographing over the child's shoulder or blurring their face.
- 5. Role of Parents:** Parents play a crucial role in how children are represented online. Reflect on decisions and actions to make informed choices about digital presence and build awareness of the digital environment.

### Consider:

- Why are you taking the photo?
- Does your child want their photo shared online?
- Who will see your post on social media?
- Are your social media followers also your child's friends?

**Want to know more?** Look out for the chapter from Lisa Kervin, Jessica Mantei, Cathrine Neilsen-Hewett, Dylan Cliff and Rebecca Ng entitled “Children’s Digital Literacy: Interdisciplinary insights for informed, productive, and safe practices” in the *International Handbook of Research in Digital Literacies*.




**Digital  
Child.**

# Factsheet



## Five things to understand: Children researching online

- 1. So Much Information:** The Internet offers a wealth of information for research and learning; some of it is great, and some of it is not!
  - 2. Age-Appropriate:** Ensure investigations are suitable for children's levels of development and clearly defined, with adult support until they can research independently.
  - 3. Digital Literacy:** Teach children how to stay safe online, search effectively, and identify credible information.
  - 4. Understanding Digital Tools:** Help children learn to use search engines, interpret web addresses, understand content creators' intentions, and recognize the influence of algorithms on what they see.
  - 5. Critical Thinking:** Help children identify and respond to inaccurate information, interpret digital texts, and follow meaningful pathways.
- 

### Consider:

- What is my child researching?
- Why are they researching that topic?
- Are they accessing the most reliable information?

**Want to know more?** Look out for the chapter from Lisa Kervin, Jessica Mantei, Cathrine Neilsen-Hewett, Dylan Cliff and Rebecca Ng entitled “Children’s Digital Literacy: Interdisciplinary insights for informed, productive, and safe practices” in the *International Handbook of Research in Digital Literacies*.

**Digital  
Child.**



# Factsheet

## Five things to understand: Children playing online games

- 1. So Many Games:** There are so many online games designed for specific audiences and purposes (including entertainment, education, and commercial gain).
- 2. Suitability of Games:** Games are classified and regulated based on perceived risks and age appropriateness, primarily due to concerns about exposure to violence and adult content. Adults should evaluate the suitability of games for children by reviewing recommendations, accessing reviews, examining data collection practices, and using privacy settings.
- 3. Game Environments:** Games can be played solo, against computer-generated players, within controlled networks with known players, or in uncontrolled networks with unknown players. Know and be comfortable with how children are playing.
- 4. Online Safety:** Children should be as cautious online as they are with strangers in the physical world. Young children may lack the awareness to identify safe and unsafe situations online. Talk with your child about who they're playing with.
- 5. Digital Identity:** Children's gameplay contributes to their digital identity. Children should be aware of how identities can be constructed online, how to verify the authenticity of invitations, and what personal information is okay to share.



### Consider:

- Do you know what games your child is playing online?
- Do you know which friends your child is playing with online?
- Can you play online games with your child to help them learn about online safety?

**Want to know more?** Look out for the chapter from Lisa Kervin, Jessica Mantei, Cathrine Neilsen-Hewett, Dylan Cliff and Rebecca Ng entitled “Children’s Digital Literacy: Interdisciplinary insights for informed, productive, and safe practices” in the *International Handbook of Research in Digital Literacies*.

**Digital  
Child.**





# THE PRICE OF A DRINK

## Photography Competition

ENTRIES CLOSE  
JUNE 9, 2025



### Theme

Drinking alcohol looks normal because we see it everywhere – but what's wrong with this?

### TWO CATEGORIES

- 12 - 17 years
- 18 - 25 years

### Gift Voucher Prizes

2ND PRIZE  
**\$100**

1ST PRIZE  
**\$150**

3RD PRIZE  
**\$75**

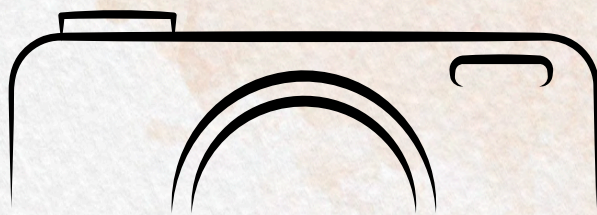


Guidelines,  
Submissions and  
Free Workshops

MORE INFORMATION

[ISLHD-AODHealthPromotion@health.nsw.gov.au](mailto:ISLHD-AODHealthPromotion@health.nsw.gov.au)





THE PRICE OF A DRINK

# Free Photography Workshops

**Blackbutt  
Youth Centre**

Scan to register  
for Blackbutt  
Workshop



**Date:** April 16  
**Time:** 10am - 12pm

**Wollongong  
Youth Centre**

Scan to register  
for Wollongong  
Workshop



**Date:** April 16  
**Time:** 2pm - 4pm

---

## Gift Voucher Prizes

2ND PRIZE  
**\$100**

1ST PRIZE  
**\$150**

3RD PRIZE  
**\$75**



**Guidelines,  
Submissions and  
Free Workshops**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Young Yarns Playgroup</b> 9.30am-11.30am <b>Albion Park Rail Public School</b> Playgroup for Aboriginal children 0-5 years	<b>Gubidja Wurrangalali Gooyoong Playgroup</b> 9.30am-11.30am <b>Cullunghutti</b> Playgroup for Aboriginal children 0-5 years in conjunction with Cullunghutti	<b>PlayConnect Playgroup</b> 10am-11.30am <b>Noah's Sanctuary Point</b> Playgroup for children 0-5 years with Autism or development concerns	<b>Burri Burri Playgroup</b> 10am - 12pm <b>Gerringong Public School</b> Playgroup for Aboriginal children 0-5 years	<b>Little Steps Playgroup</b> 9.30am-11am <b>Noah's Sanctuary Point</b> Playgroup for children 0-5 years who don't attend other care
<b>Biliima Booris Playgroup</b> 9.30am-11.30am <b>Noah's Sanctuary Point</b> Playgroup for Aboriginal children 0-5 years	<b>PlayConnect Playgroup</b> 9.30am-11am <b>Noah's Batemans Bay</b> Playgroup for children 0-5 years with Autism or development concerns	<b>Jump Together</b> 9.30am-11am <b>Noah's Nowra</b> Early Intervention program for children with an NDIS Plan with parent and carer training	<b>Gudjaga Waradba Playgroup</b> 10.30am-12.30pm <b>Noah's Nowra</b> Playgroup for Aboriginal children 0-5 years in conjunction with Waminda	For more information or to book into any of these programs, please phone (02) 4423 5022. To learn more about Noah's Inclusion Services, visit <a href="http://noahs.org.au">noahs.org.au</a> or follow us on Facebook or Instagram.  Other Noah's Programs (contact us for availability):  Be My Best Behaviour Support Family Support and Training Parent Connect SWAY Program PEERS Program Secret Agent Society SOS Feeding Program Circle of Security
<b>Gugunyal Bagan Playgroup</b> 10am-12pm <b>Noah's Ulladulla</b> Playgroup for Aboriginal children 0-5 years	<b>My Time</b> 10am-12pm (not held every week) <b>Noah's Sanctuary Point</b> Peer support group for parents/carers of children with additional needs	<b>PALS Playgroup</b> 9.30am-11am <b>Noah's Ulladulla</b> Supported playgroup for children 0-6 years	<b>Little Steps Playgroup</b> 9.30am-11am <b>Noah's Ulladulla</b> Playgroup for children 0-5 years who don't attend other care	
<b>PlayConnect Playgroup</b> 9.30am-11am <b>Noah's Nowra</b> Playgroup for children 0-5 years with Autism or development concerns	<b>My Time</b> 11am-12pm <b>Noah's Batemans Bay</b> Peer Support Group for parents/carers of children with additional needs	<b>Creative Connections</b> 3pm-4.30pm <b>Noah's Sanctuary Point</b> Play-based social skills group for children 7-10 years with an NDIS Plan	<b>My Time</b> 10am-11.30am (not held every week) <b>Noah's Nowra</b> Peer support group for parents/carers of children with additional needs	
<b>Jump In Early Intervention Group</b> 9.30am-11am <b>Noah's Batemans Bay</b> Early intervention group for children 3-6 years with an NDIS Plan	<b>Little Steps Playgroup</b> 9am-10.30am <b>Noah's Nowra</b> Playgroup for children 0-5 years who don't attend other care		<b>Secret Agent Society (SAS)</b> 4pm-4.45pm <b>Noah's Batemans Bay</b> Social skills group for children 8-12 years with an NDIS Plan	
	<b>Sensory Feeding</b> 9.30am-10.30am <b>Noah's Nowra</b> Early Intervention program for children with an NDIS Plan			

## NOAH'S INCLUSION SERVICES Groups Timetable Term 2 2025



(02) 4423 5022  
[noahs.org.au](http://noahs.org.au)  
 Facebook  
 Instagram

### NDIS Services by appointment (contact us for availability)

Plan Management  
 Key Worker (0-7 years)  
 Speech Pathology  
 Occupational Therapy  
 Social Work  
 Psychology  
 Behaviour Support



# CARER EDUCATION PROGRAM ONLINE 2025

**FREE** Carer Education Program - information to help people providing support to a family member or friend living with disability, including children to young adult age.

**This four, half-day program includes information for carers of someone child to young adult aged with disability on:**

- Services and supports
- Planning ahead
- Health and wellbeing
- Opportunity to meet other carers

<b>Dates:</b>	<b>Across four consecutive Thursdays</b> 12 June, 19 June, 26 June, & 3 July
<b>Time:</b>	<b>Week 1:</b> 9.15am - 1.00pm <b>Week 2, 3 &amp; 4:</b> 9.30am - 12.30pm
<b>Venue:</b>	<b>ONLINE</b>

**For more information or to RSVP**

**To RSVP** email [ISLHD-CarersProgram@health.nsw.gov.au](mailto:ISLHD-CarersProgram@health.nsw.gov.au)  
or call 0422 004 119

Attendance across all four days of program is required.

# CARER EDUCATION TOPICS ONLINE

**For carers of children to young adult aged people with disability**

The free, four half-day Carer Education Program provides information on services and supports, planning ahead, and carer health and wellbeing. There is the opportunity to meet other carers within the online format.

## WEEK 1

- Welcome and introductions
- Overview of caring role and impacts of caring
- Value of respite and other community support
- Carer Gateway
- Development and supports

## WEEK 2

- Peer Care learnings and story
- Centrelink financial information
- Transitions and Education

## WEEK 3

- National Disability Insurance Scheme
- Disability and Health Services

## WEEK 4

- Legal Planning
- Transition to Adult Services
- Carer wellbeing and stress management
- Review and evaluation

For people providing support to a family member or friend living with disability. This workshop is particularly relevant to those supporting someone from childhood to young adulthood.



# EMPOWER YOUR CLIENTS WITH OUR 'GET THE JOB' WORKSHOP!

The ultimate workshop for interview success and confidence.

## About the Workshop:

A dynamic, interactive session designed to prepare clients for job interviews and employment success.

Includes:

- A professional presentation on interview techniques and confidence-building.
- A personalized styling session where participants select and keep their FREE interview outfit.

## Who It's For:

- Build confidence and self-esteem.
- Master interview skills with expert tips.
- Feel ready with a polished, professional look.

## Why Choose Dress for Success?

Proven track record of empowering women to achieve economic independence.

**Location:** 2/210 Cowper St, Warrawong NSW 2502

**Availability:** Tue, Wed and Thursday between 10am – 12pm

**Cost:** Free

**Refer your clients today or book their spot directly!**



Scan or use the link  
to sign up.

<https://bit.ly/IllawarraWS>





**Family Services** AUSTRALIA  
**Health & Wellbeing**

T: 1800 372 000 (option 2)  
E: [triage@familyservices.org.au](mailto:triage@familyservices.org.au)  
Family Services House, Illawarra-Shoalhaven  
Community Services Hub, Lamerton Crescent,  
Shellharbour City Centre NSW 2529



## Who We Are

FSA Health & Wellbeing is an initiative of Family Services Australia - a not-for-profit community organisation committed to breaking the cycle of disadvantage and advocating that all people have the right to participate in the community. We provide a range of support services across the lifespan. We have extensive clinical mental health expertise and an ethos of meeting people where they're at.

## What We Do



**Family Services** AUSTRALIA  
**Assessments**

### Assessment

At FSA Health & Wellbeing, we understand that providing neuro-affirming assessments that can inform personalised interventions and support strategies.



**Family Services** AUSTRALIA  
**Psychology**

### Intervention

Our Psychological Intervention service supports individual's across the lifespan from a neuro-affirming and trauma informed approach. We place a strong focus on client-centered intervention. We are committed to supporting varied presentations and tailor interventions support individual need.



**Family Services** AUSTRALIA  
**Group Programs**

### Groups

FSA Health & Wellbeing offer a range of options for group programs and support, based on the varied skillset and training of our team. Our groups allows people with similar experiences and goals to come together to achieve a shared outcome.







## Term 2

### Current group programs

**We are currently recruiting for the following groups that begin in Term 2**

#### Westmead Feelings Program

An emotion-based learning group designed to assist young people with a diagnosis (or suspected diagnosis) of Autism with developing their skills in Social Navigation and Emotion Regulation.

Westmead Feelings Program 1: Suitable for young people aged 5-6 with a diagnosis of Autism OR aged 7-8 with a diagnosis of Autism and mild intellectual disability.

Westmead Feelings Program 2: Suitable for young people aged 7-12 with a diagnosis of Autism and no accompanying intellectual impairment.

#### LEGO® Based Therapy

A neuro-affirming and child led intervention, that takes a play based approach to supporting children to develop their social communication skills.

This group aims to assist young people building social navigation and communication skills and developing their problem solving skills

LEGO based therapy is suitable for young people aged 9-12 years old.

The LEGO® logo, SERIOUS PLAY®, Imaginopedia™, the Minifigure and the Brick and Knob configurations are trademarks of the LEGO® Group, which does not sponsor, authorise, or endorse this therapeutic group.

### Individual Therapy

**Our team has current availability for new referrals.**

We are able to support children, adolescents and adults with a range of presentations and approaches:

Anxiety



EMDR

Depression

Trauma informed care

Neuroaffirming care



Grief and life transitions

LGBTIQA+ affirming care

Connection and belonging

Supporting parents and carers



Understanding child behaviour

### Assessments

**Our team has current availability for new assessment referrals.**

We are able to offer the following assessments to children, adolescents and adults:

Cognitive



Autism

Intellectual Disability

Attention-Deficit/Hyperactivity

Learning



Comprehensive



# Strong Families Our Way

Self-determination in the Aboriginal child & family sector

Strong Families, our Way (SFOW) focuses on strengthening sustainable, community-led structures of self-determination in the Aboriginal child and family system in New South Wales.

The aim is to invest in strong and thriving community pathways to reduce over-representation in child protection by resourcing Aboriginal-led decision-making in the oversight of child and family system processes, design and practices.

**6,563** NSW Aboriginal children & young people in OOHC.

**7x** more likely to have contact with the child protection system.

**10x** more likely to be removed.

This project sees the co-design and formation of new or strengthening of existing Aboriginal Community-Controlled Mechanisms (ACCMs).

*ACCM = independent organisation, working in partnership with government and other agencies to improve outcomes for Aboriginal children, young people and families.*

Contact the Strong Families, Our Way team on [sfow@absec.org.au](mailto:sfow@absec.org.au) or 1800 888 698



As an ACCM, you would operate as a community-led entity, independent of government and responsible for your community. By recognising the uniqueness of each community, ACCMs are tailored to capitalise on local strengths and address specific needs.

The SFOW team is actively involved in collaborating with Aboriginal Communities across NSW. If you are interested in getting involved or initiating an ACCM, we're here to support you through the process.

**Become an  
ACCM today**



SFOW deliver a range of support options for NSW ACCM

### Networking

Community events with Traditional Owners, local decision-makers, Elders, Community, services providers and interagency.

### Yarn ups

Informational chats held with Community about the SFOW Project. Learn how to form an ACCM to drive change in the child protection space.

### Formation

Working with ACCM and DCJ to formalise partnership and create process maps to ensure culturally appropriate, responsive case management.

### Workshops

Formal community workshops discussing government structure of ACCM; Terms of Reference and ACCM/DCJ Partnership Agreement.

### Launch

ACCM/DCJ Partnership formalised and functioning. Community event to launch the ACCM.

### Support

SFOW team provide ongoing support to NSW ACCM.



Shellharbour Medicare Mental Health Centre provides a welcoming entry point for people aged 16 years and older and their support people, experiencing distress or mental health challenges to access support services.

Medicare Mental Health Centre services are **free**. No Diagnosis, Referral or Medicare Card Needed.

We're here to guide you through the mental health system.

For emergencies, please call **000**.

For 24 hour mental health support and advice call **Mental Health Line** on **1800 011 511**.

# Safe and inclusive wellbeing support

**medicare**

## Mental Health Centre Shellharbour



162-172 Shellharbour Road,  
Warilla NSW 2528  
Dharawal Country

This service is supported by:



This service is delivered by:







## Services

At our centre, we provide friendly and professional mental health support tailored to your needs. Our dedicated team offers:

- Mental Health Assessment and Counselling
- Peer Support
- Support for Alcohol and Other Drugs
- Care Navigation, Information and Referrals
- Relationships and Family Counselling
- Aboriginal Health Support
- Employment Support

## We're Open

Monday	830am - 5pm
Tuesday	830am - 630pm
Wednesday	830am - 5pm
Thursday	830am - 5pm
Friday	830am - 5pm

## Referral Pathways

Come in and say hello, or you can contact us by calling **02 4225 5672**.

You can also call the National phone line on **1800 595 212**, Monday to Friday 8.30am - 5.00pm.

Check out more info online:  
[www.gphlinks.org/MMHC](http://www.gphlinks.org/MMHC)



## Eligibility

Shellharbour Medicare Mental Health Centre offers short to medium term care for people aged 16 and over with moderate to high levels of mental health needs or distress.

Help, support and services that are right for you





# Do you have a pensioner concession card? You could be eligible for Saver Plus.

For every dollar you save, you'll get a dollar from ANZ to spend on educational costs, up to \$500.

To join, you need to meet all of these requirements:

- ✓ Be 18 years or older
- ✓ Have a current Health Care or Pensioner Concession Card
- ✓ Have a child in school, starting school next year, or be studying yourself
- ✓ Get a regular income (can be you or your partner)
- ✓ Agree to join in free online financial education workshops



1300 610 355

[saverplus.org.au](http://saverplus.org.au)





# EMPOWER YOUR STUDENTS WITH PEER SUPPORT

The **Peer Support Program** is a peer-led initiative that empowers students to build meaningful cross-year connections, develop leadership skills, and enhance their social and emotional wellbeing. Delivered over 8–10 weeks, the program integrates seamlessly into your school timetable.

Program outcomes include stronger connections, improved emotional regulation & conflict resolution and a greater sense of belonging.

The program achieves this by helping students to develop and sustain:

- positive relationships
- agency
- sense of self
- responsibility for self and others

## HOW DOES IT WORK?

Senior students are trained as Peer Leaders to lead small groups of younger students in weekly structured sessions.

## SUPPORT FOR TEACHERS

We provide:

- Professional development workshops to help teachers confidently implement the program
- Access to comprehensive year-round resources and ongoing support

## Contact Us

- ☎ 1300 579 963  
✉ [admin@peersupport.edu.au](mailto:admin@peersupport.edu.au)  
🌐 [www.peersupport.edu.au](http://www.peersupport.edu.au)

## DISCOVER HOW PEER SUPPORT CAN BUILD STUDENT WELLBEING AT YOUR SCHOOL

Learn more about our program with our free digital info pack. It includes details about the modules available to member schools, the evidence for the program, testimonials from students and teachers, and the steps to becoming a Peer Support school.





**The Smith  
Family**

Learn today, change tomorrow.

# Learning for Life: open for enrolments in Nowra, Shellharbour Albion Park



We work with families to support their children's attendance and engagement in education from Kindergarten to year 12. We do this in partnership with schools across the Illawarra.

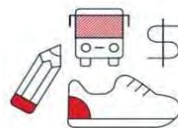
## Learning for Life provides:



Support from a  
dedicated Family  
Partnership Coordinator



Access to educational  
programs for the whole  
family



Scholarship money to  
help with the costs of  
schooling

Principals, teachers and wellbeing support teams from the schools listed below are invited to refer parents or carers who would benefit from this additional support.

## Who can join?

Parents/carers are eligible to sign up for Learning for Life if they:

- Have a child/children (K-6) attending a partner school, and
- Are a Health Care or Pension Card holder

Partner schools can refer families for the program by sharing the link or QR code below:



## The Smith Family is actively accepting referrals from the following partner schools:

- Albion Park Rail Public School
- Albion Park Public School
- Mt Terry Public School
- Oak Flats Public School
- Barrack Heights Public School
- Mt Warrigal Public School
- Warilla North Public school
- Warilla Public School
- Bomaderry Public School
- Nowra Public School
- Nowra East Public School

[www.thesmithfamily.com.au/campaigns/learning-for-life-expression-of-interest](http://www.thesmithfamily.com.au/campaigns/learning-for-life-expression-of-interest)

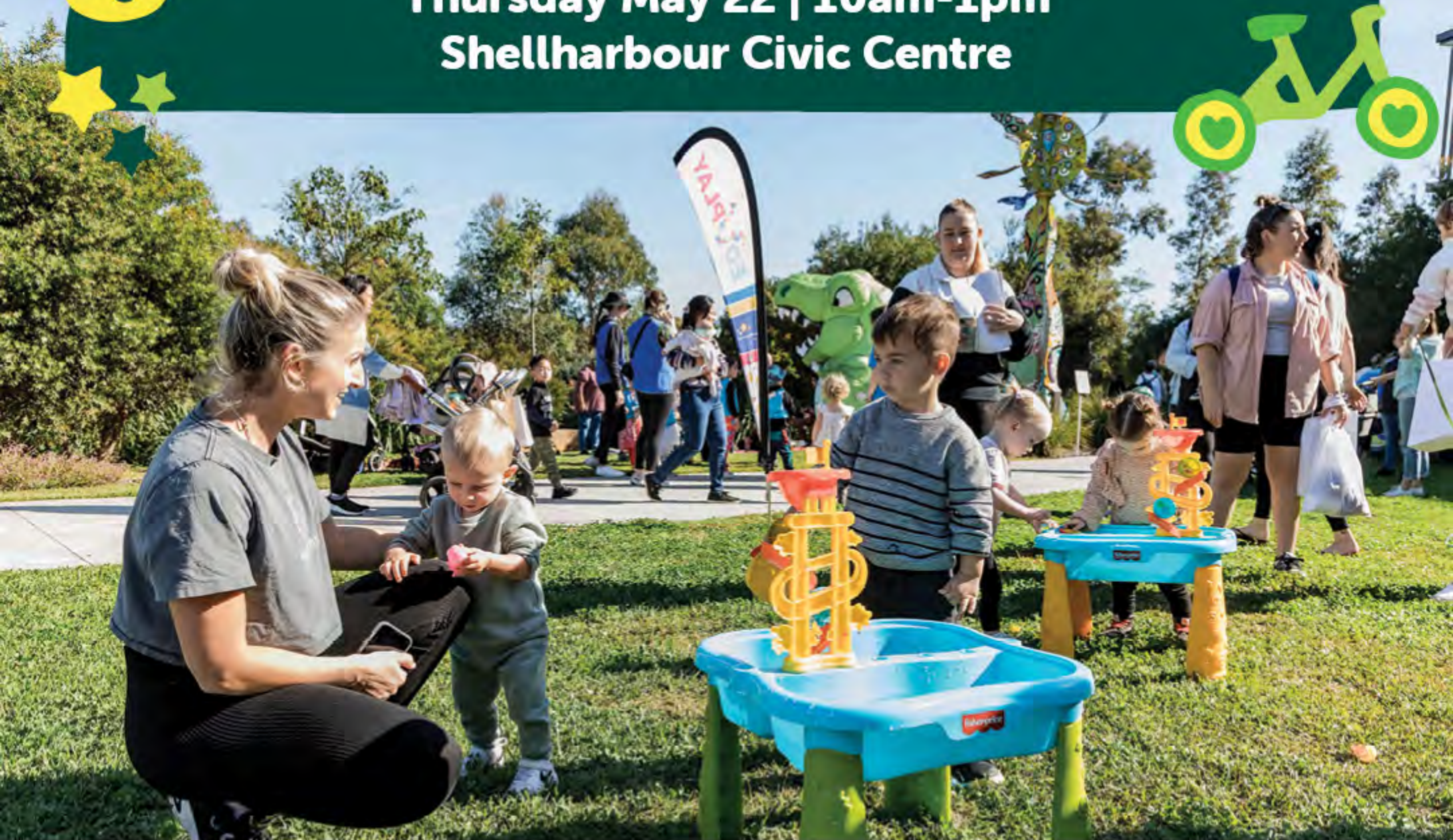
*The Smith Family Acknowledges the Wadi Wadi people of the Five Islands Dreaming, the Dharawal people and the people of the Yuin nation, Traditional Owners of the Land on which we work and live.*

**thesmithfamily.com.au**



# Join us at the **Communities for Children Picnic and Play Day**

**Thursday May 22 | 10am-1pm  
Shellharbour Civic Centre**



**Barnardos  
Australia**





# Kids Time Playgroups

Make Way For Play

**Free fun weekly play sessions for children aged 0 to 5 years and their families/carers. 10am to 12pm during school terms.**

**Play sessions include morning tea, fun play and learning activities, and parenting and community information.**

## **Tuesday**

Barnardos Children's Family Centre  
13 Greene Street, Warrawong

## **Wednesday**

Berkeley Neighbourhood Centre  
Winnima Way, Berkeley

Bundaleer Community Centre  
Northcliffe Drive, Warrawong

## **Thursday**

Koonawarra Public School  
Byamee St, Koonawarra



Please come along and join us or call for more information 4275 8575 or 0477 808 026.

**[barnardos.org.au](http://barnardos.org.au)**



**Barnardos  
Australia**





# Unanderra Play Ranger

Make Way For Play

**Free fun weekly play sessions  
for children aged 0 to 5 years and  
their families/carers. 10am to 12pm  
during school terms.**

**Play sessions include, fun play  
and learning activities, and parenting  
and community information.**

Our playgroups are currently located at  
**Charcoal Park Factory Road, Unanderra**  
**From 10am-12pm**

Monday



Please come along and join us or call for more  
information 4275 8575 or 0477 808 026.

[barnardos.org.au](http://barnardos.org.au)



**Barnardos  
Australia**

# Dapto Play Ranger

## Make Way For Play



**Free, fun play sessions in local parks for children aged 0 to 5 years and their families.**

Safe outdoor play where you can meet your neighbours and obtain information about local family services and support from our qualified Play Rangers.



**Every Tuesday during school term**

Alternating at Lakeside Reserve or  
Dimond Brothers Reserve

**For more information, please call  
Barnardos Children's Family Centre South Coast  
on 4275 8575 or 0477 808 026**



**Barnardos  
Australia**



# Quit vaping with Pave



Download the Pave app and get started today



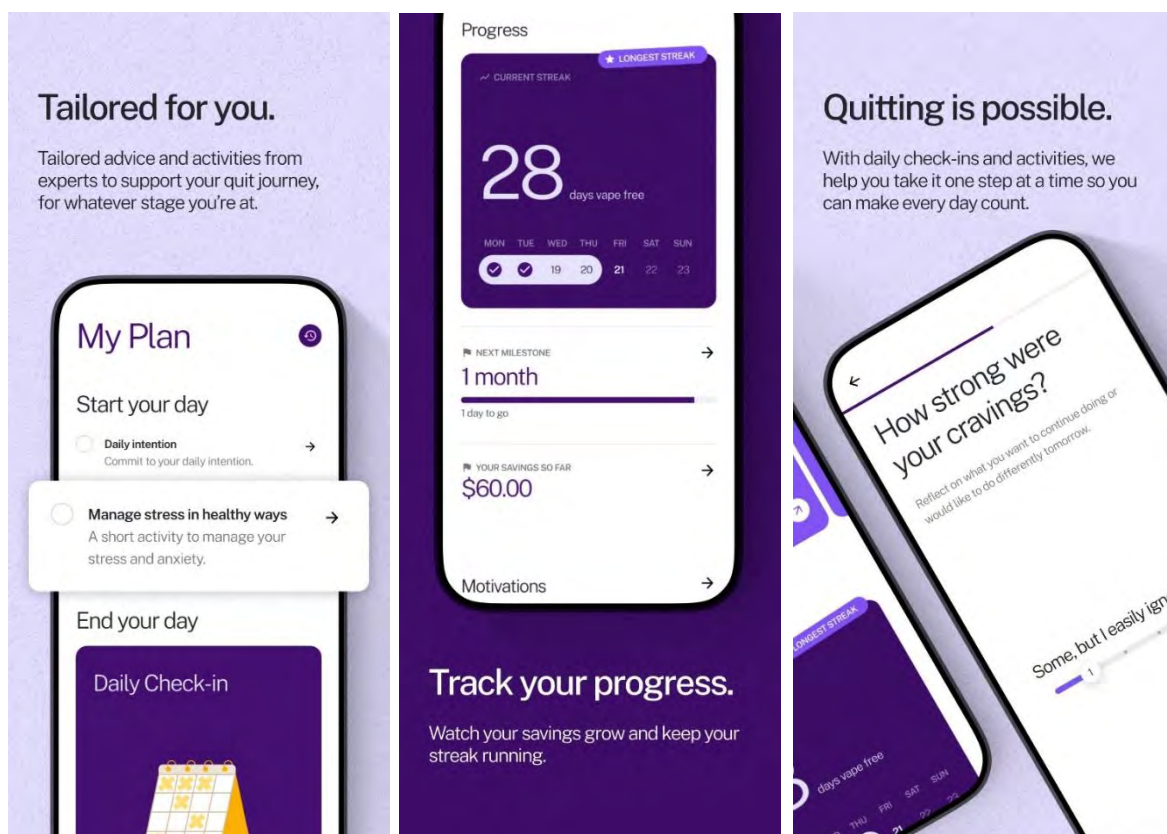
## Cancer Institute NSW

### Pave – A digital tool to support vaping cessation among young people

‘Pave’ is a new a behaviour change tool to support vaping cessation amongst young people in NSW.

A smartphone app, Pave is now available for free in the Google Play and Apple app stores.

Pave offers young people information about vaping and quitting, and tools to support their cessation journey.



### Audience

Pave was developed with and for people aged 16 to 24 years who are seeking support to quit vaping. Other people may find benefit from using Pave, however it has been designed to meet the needs and expectations of young people who vape.

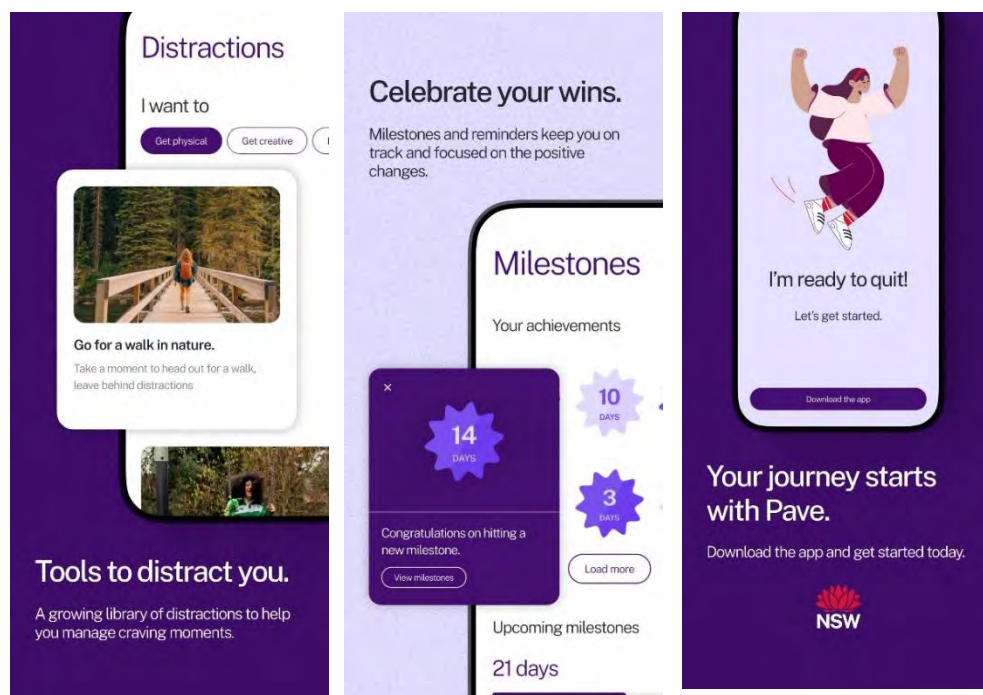
### Why we developed an app

Pave was developed to address the continued increase of vaping amongst young people. Research with young people in 2023-24 identified a smartphone app as the preferred

mechanism for cessation support, able to provide the range of information and support offerings needed by young people.

### Key features of Pave

- Tracking and celebrating progress – it allows young people to track how many days they go without vaping, including providing a ‘streak’ counter for days vape-free, milestones to keep focus and work towards, savings calculated to see how much money is not being spent on vapes.
- Daily check-in – a daily checkpoint that supports the user to reflect on their progress and record whether they’ve vaped or not.
- Daily intention – an interactive set of daily affirmations that supports positive thinking and approaches to quitting.
- Quit activities – content and short articles that provide information and ideas to help users through common hurdles to quitting
- Distractions to help when cravings hit. These are mainly offline (i.e. not on the phone) activities, categorised by physical activity, creative activities, doing good deeds, connecting with friends and expanding your mind.
- Access to cessation experts through the click to call Quitline.



### Working with young people

Engaging with the target audience has been at the core of the app development and informed each step of the development process. A team of young people was recruited in July 2024 to provide ongoing design input and feedback across all aspects of development. They provided direct input into content, tools, features, language and tone of voice, and the app name and icon.



Throughout the build phase, we conducted one-on-one testing sessions with people from the target audience to gather insights on all aspects of Pave.

We also established a panel of young people to test and validate components of Pave through various qualitative approaches.

### What happens next?

The Institute will continue to enhance Pave over the coming months, optimising current tools and features and adding others. We will continue to consult with the target audience to inform the priorities for this program of enhancements.

We will monitor key metrics relating to effectiveness, acceptability, availability and uptake.

### Promotions

The Institute will promote Pave via social media; local health districts and organisations are welcome to share these posts. Some hard copy resources such as posters and postcards are in development, more information will be shared about how these can be distributed.

This briefing pack contains resources to support local promotion of Pave. Included in this email resource pack:

- Pave web banners (7x versions)
- Pave social media tiles (4x versions)

Pave promotional posters and postcards will also be available for order through Finsbury-Green soon.

To include Pave as a call-to-action in local resources, please contact the team via the email address below for details relating to use of the icon and images.

### Further information

For more information, please visit: <http://www.cancer.nsw.gov.au/pave> or reach out to the team via [CINSW-Prevention@health.nsw.gov.au](mailto:CINSW-Prevention@health.nsw.gov.au).



**OUR** *Futures*

# VAPING

## Prevention Program



The OurFutures Vaping Program is now available **for free** under Government funding for year 7-8 students across Australia.

Learn more about access for your school at:  
<https://ourfuturesinstitute.org.au/vaping/>