



# SAFE & CONNECTED FUTURES

Information for services

## ELIGIBILITY:

### Young person (age 12 to 25)

- is living at home with family but at risk of leaving or has recently left home

### Family and young person

- want to strengthen their relationship so young person can keep living at home or be supported to live independently

## We support young people and their families experiencing:

- Frequent conflict
- Lack of connection
- Difficulty communicating
- Complex issues

## WHAT WE DO

### KNOWLEDGE AND SKILL BUILDING

We work one on one with young people and their family member to help build skills & knowledge important to them

Effective communication

Healthy Dynamics

Supporting young people

Managing emotions

- Understand how to support the young persons unique needs as they go through a time of growth
- Improve communication skills that build connection
- Realise and build on the strengths in the relationship
- Build emotional resilience
- Learn skills to resolve conflict and repair the relationship afterwards

### RELATIONSHIP BUILDING ACTIVITIES

We can do activities with the young person and family member together to build understanding and connection



SUPPORTED CONVERSATIONS



QUALITY TIME



*The Safe and Connected Futures Program is a 2 year Pilot Program, supported by the University of Queensland.  
All participants in the program will be part of the program's evaluation.*

CONTACT US FOR A REFERRAL FORM OR MORE INFO



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