

Our Community

A community is a group of people that have something in common. This may include where you live, what you like or other things that make you, you! An example of some communities include, the Canberra Community, the horse-riding community, the Catholic Community, the Polish Community, or the gaming community, just to name a few. When people feel like they belong to a community they have better mental health.

What communities are you a part of?

Choose one of the communities you are a part of and answer the following questions.

I have chosen:

What do you like about being in that community?

What challenges does your community have?

What can you do to help your community?

Services that Help our Community

Primary

Learn about the following services that help the community, get ready to research! Write at least one sentence about how they help.

Note: you can do this activity in one session or do it across a few sessions.

St Nick's Young Carers Program (St Vincent de Paul)

Menslink

Butterfly (previously Butterfly Foundation)

Kids Helpline

Youth Drop-In (YWCA Canberra)

Services that Help our Community

Secondary

Learn about the following services that help the community. Briefly explain or discuss as a group how they help.

Note: you can do this activity in one session or do it across a few sessions.

Raw Potential Canberra

Headspace

Oasis Youth Services Canberra (Salvation Army)

Feel the Magic

Gugan Gulwan

Head2Health

Canteen

Belconnen Youth Centre (Capital Region Community Services)

Clemente (St Vincent de Paul)

PCYC