

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?

Nigerian Woden Valley Soccer
Canberra Dance
Christian Migrant

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

I have chosen: Dance Community

What do you like about being in that community?

I like dancing especially ballet and contemporary
I get to dance with my friends
I like the competitions
I get to learn cool moves from others

What challenges does your community have?

Some uniforms / costumes / shoes
can cost

Dancers sometimes say mean things
about their body

Other dance groups are not supportive
of each other when doing competitions

What can you do to help your community?

Donate or give dance wear I don't
use anymore

Be kind to my body and not join
others in their mean comments,
people may follow my lead

Be happy for people, be a role
model

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)

They care for kids that have to care for others. They give the kids a break.

Menslink

They help boys and men with their mental health. They have an add on tv that says "its not weak to speak".

Butterfly (previously Butterfly Foundation)

They help people love their body - all bodies are good bodies!

Kids Helpline

They have a phone number I can call if I need help for mental health and other stuff.

Youth Drop-In (YWCA Canberra)

A free and fun place for 10-25 year olds to go to in ConderACT.

Services that Help Our Community - Secondary

Raw Potential Canberra

Raw Potential helps disadvantaged and at-risk youth by empowering them to reach their full potential through referrals to other services such as Onelink, ACT Housing, Centrelink, counselling, employment services and more. Raw Potential also provides opportunities for youth to learn their full potential with activities like abseiling.

Headspace

Headspace supports the wellbeing of young people (12-25) through mental health, physical health and alcohol and other drug support services. This service gives their clients access to, counsellors, psychologists, psychiatrists, general practitioners and more.

Clemente (St Vincent de Paul)

Clemente services people (18-30) whose education has been negatively impacted by their circumstances. Clemente helps tertiary students to meet their educational goals, helping them to reengage with study.

Head2Health

Head2Health has two parts to its service, a website, and a centre. The website aims to make navigating digital mental health support and obtaining information on available services easier. This service helps those experiencing a mental health issue or a person in a caring role. They have centres across Australia which can be accessed by calling ahead.

Oasis Youth Services Canberra (Salvation Army)

Oasis Youth Services is a service for young people (16-25) that are experiencing homelessness. This service provides temporary accommodation and case management and is staffed 24/7.

Feel the Magic

Feel the Magic is a charity that helps young people (7-18) heal from the loss of a loved one such as a sibling or parent. It connects young people who have the shared experience of grief and aims to reduce the risk of ill-mental health that results from grief.

Gugan Gulwan

Gugan Gulwan is a service for Aboriginal youth. It provides a safe space for young Aboriginal people and their families and provides services such as case management, counselling, early intervention for homelessness and more.

Canteen

Canteen provides tailored support to young people (12-25) who are impacted by cancer. It is a free service that can offer counselling, resources, information, as well as specialist support for young people who have cancer. Canteen also provides events and programs that connect people who are impacted by cancer. This service also aims to empower their participants and is raw and honest.

Belconnen Youth Centre (Capital region Community Services)

Belconnen Youth Centre provides young people (10-25) a safe space away from home to socialise, vent, play, eat and learn. This centre also has facilities such as a kitchen, washing machine, dryer and shower that are available to the young people. There are other Youth Centres across Canberra too.

Project Level-Up (PCYC)

Project Level-Up is a program for disengaged young people who have been involved with the youth justice system and/or show a pattern of concerning behaviors. This program includes an activity once a week that creates opportunities for safe risk taking, release of adrenaline, connection, and learning.