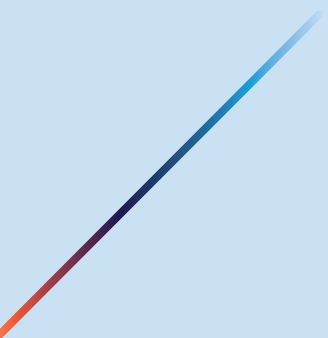



Adolescent Support Program

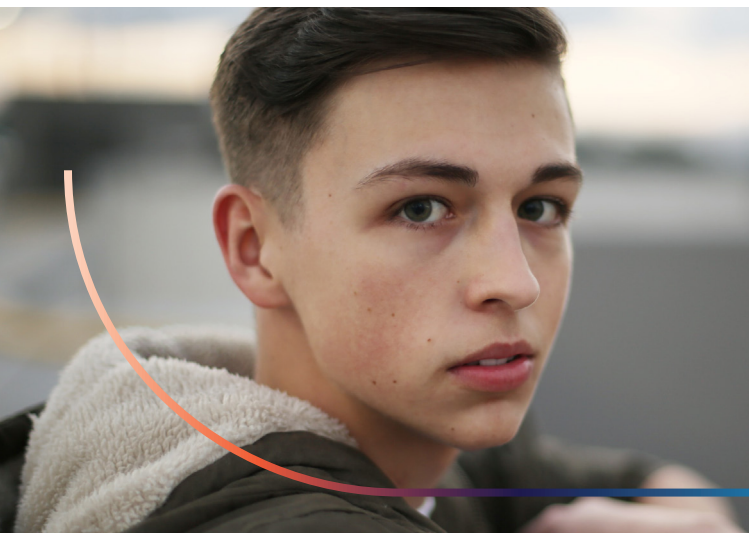




The specialist
Adolescent Support
Program provides
support to young
people aged between
12 and 17 years and
their families from
across Gippsland.



We can assist you
with developing
and working
toward goals for
your future



What is the specialist Adolescent & Family Support Program?

The Adolescent Support Program is an intensive outreach service that provides support to Young People living at home or in placement.

What can I expect?

The program can help you in a variety of ways:

Support you to work out your goals and how to get there

Help work on relationships and communication

Help you work out how to stay living with your family or if you live apart, how to have a positive relationship with one another

Provide support to you, your family and/or carers to maintain long term stable care

Help you agree on reasonable rules and expectations

Assist you to sort out problems at school, access alternative training programs, or find employment

Help you make healthy and safe choices with your life

Show you where to access other community supports, and social and recreational activities.

Having a good relationship with your family is very important but it can sometimes be the hardest thing to do. Learning to sort out problems in your relationships and your life is tough, but the rewards are worth it.

Through talking, listening, understanding and making some compromises you can move toward having an adult relationship with your family.

These skills are things you can use in all areas of your life now and later on in adult relationships, in your work or career or as you build a family of your own.

Learning to set goals and work towards them helps you overcome challenges and have a rewarding life.

How does Quantum help?

Provide one on one support to you and your parents/
carers

Talk with your family/carers about what's going on or
have a family meeting

Help you sort out issues that are affecting your
relationships

Help you sort out your feelings on certain issues

Help your family understand how you feel and why

Link you into community support services

Meet with your school and let them know how they
can best support you

Help you find alternative training program if school
isn't working for you

Get things happening that make you feel positive and
inspired about your life

**Our office is in Morwell but we will come and meet
with you in your community, where you live or
some other place you feel comfortable.**

**Call 1800 243 255 for an assessment and further
information on program dates and locations**

We care for Gippslanders

For all information regarding our services and locations please don't hesitate to contact us on:

Morwell

227 Princes Drive

Sale

65 Macalister Street

Warragul

36 Williams Street

Bairnsdale

306 Main Street

Call 1800 243 455

quantum.org.au

Email: youth.intake@quantum.org.au



*Quantum Support Services
acknowledges the support of
the Victorian Government*

Quantum Support
Services is a Child
Safe Organisation

