

Australian

# Kookaburra Kids

Foundation



**ONLINE  
CONNECT  
CHATS**



**ACTIVITY  
DAYS**



**CAMPS**



**MENTAL  
HEALTH  
EDUCATION**

## FOR SERVING AND EX-SERVING ADF FAMILIES

The Australian Kookaburra Kids Foundations' clinically designed, free programs are delivered by trained leaders to combine mental health education with fun! Our approach breaks down barriers to deliver more effective programs, foster connections, build resilience, and teach positive help seeking behaviours and stress coping strategies.

Through a partnership with the Australian Government Department of Veterans' Affairs our Defence Kids programs is tailored to support the unique needs of young people from serving and ex-serving families with camps, activity days and online connect sessions that bring peers together who are experiencing similar situations.

Visit our website to learn more  
[kookaburrakids.org.au](http://kookaburrakids.org.au)



Australian Government

Department of Veterans' Affairs



# CREATING POSITIVE MENTAL HEALTH OUTCOMES FOR YOUNG PEOPLE