

Australian

Kookaburra Kids

Foundation

**ONLINE
CONNECT
CHATS**

**ACTIVITY
DAYS**

CAMPS

**MENTAL
HEALTH
EDUCATION**

Australian Kookaburra Kids Foundation's clinically designed, free programs are delivered by trained leaders and volunteers 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 camps, activity days and online connect sessions, we provide a unique stepped care model to young people aged 8-18 years who are impacted by family mental illness. To learn more about us visit

kookaburrakids.org.au
To learn more about us visit



**EMPOWERING YOUNG PEOPLE TO
THRIVE BEYOND THE IMPACTS OF
FAMILY MENTAL ILLNESS.**