

Life Skills Program

What is the Life Skills Program?

The Life Skills Program supports children to learn and build life skills in order to live a happy and healthy life.

The program covers topics such as:

- **Cooking**
- **Crafts**
- **Group Activities**
- **Sports**
- **Self Esteem & Bullying**
- **Health**
- **Emotional regulation**

The Life Skills Program provides support for young people aged 7 to 13 years old who are enrolled at Elizabeth Downs Primary School or Elizabeth Park Primary School. The program is held within the school that your child attends and runs from 3pm until 4:30pm.

What can you expect?

The workers at the Life Skills Program, will be someone you feel comfortable with, that you can talk to, who answers your questions honestly, respects your opinion and is non judgemental.

What we expect from you.

We want you to be on time and have respect for the workers involved with you, remember that they are here to help you. Respect the opinions and values of the other group members and the group rules. To be emotional or angry is OK but not to act on angry or aggressive impulses.

Keeping Children Safe

At the Life Skills Program we strive to ensure the safety and wellbeing of participants. Our workers by law are required to inform relevant others if the following circumstances arise:

- **Families SA** — If a young person is suspected of being in a situation of abuse.
- **The Police** — If a young person has been reported as missing or if a young person informs us that they have been involved in a major crime
- **Parents, guardians, schools and other support services** if the worker believe that your child are at risk of harm.

Accessing our services

Referral

Our clients are referred to the Life Skills Program through the School Counsellor or through the Family Learning Network (FLN) .

If you would like to engage with our service, please contact your School Counsellor or speak to your NACYS FLN worker within your school and obtain an enrolment pack.

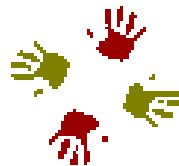
Please ensure you fill out all sections of the enrolment forms and return it to the School Counsellor or FLN worker who will forward the referral to NACYS.

A Life Skill Program workers will contact the parent/ guardian to schedule an enrolment appointment.

“NACYS exists to service the most vulnerable, at risk and disadvantaged members of our community...”

General information

- **Services are for young people aged 7—13 years old,**
- **Student of Elizabeth Downs Primary School or Elizabeth Park Primary School**
- **Free (no cost)**
- **Voluntary service**
- **Confidential**
- **FLN/School referred**
- **After school hours**
- **Provided by qualified and professional staff**
- **Tailored to the needs of the children & community**



Oldford Road

PO Box 1518

Davoren Park 5113

T: 8252 2474 or 0422 640 022

F: 8287 3434

E: nacys@nacys.asn.au

FB: NACYS Adelaide

**Northern Area Community &
Youth Services Inc.**

LIFE SKILLS PROGRAM



What if I am not happy with the service?

You may stop coming to the service at any time. Please notify staff if you no longer wish to attend the program.

"We at NACYS pride ourselves on the opportunities we provide for individuals and communities to learn, grow and move towards self empowered independence".



***After school group work for
young people aged 7—13 years
in the Playford region.***