

# Children, Youth and Family Services



## Safe & Connected Youth Program

provides therapeutic outreach support and circuit breaker accommodation (Ruby's House) to **young people aged 8 to 15** and their families who are experiencing family conflict and are at the risk of youth homelessness.

## Family Support Program

provides **young people aged 8 to 25** and their families with strategies and processes to improve communication and decrease family conflict. This is done through the provision of case management and family mediation.



## Family Connections Program

supports **young people aged 15-24** and their families to improve family functioning and reduce the risk of homelessness. The program works with all young people with a focus on the multicultural community to create an inclusive and accessible service.

## Need Support?

Anyone who wants to access the program for themselves or someone they know experiencing conflict, can submit a referral or self referral form on our website.

For more information, please call or email below:



02 6189 0590



familyandyouth@crs.org.au



**crs.org.au**





Be.Me. Program is an ACT wide program that offers individual therapeutic, tailored support to young men and adolescent boys aged 12 to 18 focusing on recovery and healing from experiences of family, domestic, and sexual violence (FDSV). The Be.Me. program equips participants with the tools and understanding to foster healthy relationships and avoid engaging in FDSV.

### Aims of the Program

- Recovery and healing from trauma, including family, domestic and sexual violence (FDSV)
- Prevention of FDSV
- Behaviour change where FDSV is currently occurring or at risk of occurring
- Improved emotional health and self-regulation
- Personalised safety and coping strategies
- Healthier coping mechanisms & relationship skills
- Strengthened support networks



### Key Features

- Qualified, trauma-informed practitioners
- Comprehensive assessment and case planning
- Participants feel heard, understood, and supported
- Flexible, regular and responsive case work
- Person-centred and trauma-informed support
- Strengths-based and culturally safe
- Evidence based assessment tools
- Holistic engagement

### Need Support?

Anyone who wants to access the program for themselves or someone they know, can contact us below:

 02 6189 0590  [beme@crs.org.au](mailto:beme@crs.org.au)

 [crs.org.au](https://crs.org.au)



# Safe and Connected Youth Program



The Safe and Connected Youth Program provides therapeutic outreach support and circuit breaker accommodation to children, young people **aged 8 to 15** and their families who are experiencing family conflict and are at the risk of youth homelessness.



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**CRS**

Conflict Resolution Service



**ACT**  
Government

An ACT Government funded initiative

## Aims of the Program

- Preservation and reunification of young people and their families
- Improve relationship between parents and their children
- Empower young people to develop their full potential as individuals
- Reduce family conflict
- Improve family functioning and wellbeing



## Key Features

- Easily accessible at no cost
- Therapeutic intervention
- Circuit breaker accommodation (Ruby's House)
- Communication and conflict coaching
- Family mediation
- Family counselling
- Qualified, trauma-informed practitioners



## Need Support?

Anyone who wants to access the program for themselves or someone they know experiencing conflict, can contact us below:

 02 6189 0590  [familyandyouth@crs.org.au](mailto:familyandyouth@crs.org.au)

or, Fill the forms below and one of our team members will get back to you.

**Referral Form**

[crs.org.au/scyp-referral-form](https://crs.org.au/scyp-referral-form)

**Self-referral Form**

[crs.org.au/scyp/self-referral-form](https://crs.org.au/scyp/self-referral-form)







# Family Connections



The family connections program supports young people **aged 15-24** and their families to improve family functioning and reduce the risk of homelessness.

Family Connections works with all young people with a focus on the multicultural community to create an inclusive and accessible service.

**Family Connections** is a partnership between **Conflict Resolution Service** and **Multicultural Hub Canberra** and funded by the **ACT Government**.



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## Key Features



Family  
Connections

### Improve family functioning



The program aims to enhance family connection and safety, addressing diverse needs to improve outcomes for individuals and families. By fostering better communication and understanding, we help reduce the risk of family breakdown and youth homelessness.

### Reduce the risk of homelessness



The program works with young people and their families to address complex and intersecting factors through a youth-centered, family-focused integrated service model. This holistic approach ensures that we consider all aspects of the family's situation and provide comprehensive support.

### Inclusive and accessible



Family Connections focuses on multicultural young people and families, however, we are committed to supporting all young people in an inclusive and accessible program.

## Family Connections provides a multidisciplinary approach offering:

- Intensive therapeutic case management
- Family mediation
- Individual and family counselling
- Conflict Management and Communications Coaching

## Need Support?

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**Referral Form**

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# Family Support Program



The Family Support Program provides young people **aged 8 to 25** and their families with strategies and processes to improve communication and decrease family conflict. This is done through the provision of case management and family mediation.



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**CRS**

Conflict Resolution Service



**ACT**  
Government

An ACT Government funded initiative

## Aims of the Program

- Improve relationship between parents and their children/young people
- Empower young people to develop their full potential as individuals
- Improve family functioning and wellbeing
- Reduce risk of youth homelessness
- Reduce family conflict

## Key Features

- Easily accessible at no cost
- Qualified, trauma-informed practitioners
- Communication and conflict coaching
- Family mediation

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# Be.Me.

## Behaviour Empowerment & Mindset Evolution Program



**Be.Me. Program** is an ACT wide program that offers individual therapeutic, tailored **support to young men and adolescent boys aged 12 to 18** focusing on recovery and healing from experiences of family, domestic, and sexual violence (FDSV).

The Be.Me. program equips participants with the tools and understanding to foster healthy relationships and avoid engaging in FDSV.

Using a collaborative, two-worker approach, a Therapeutic Case Manager and a Counsellor, the program provides personalised case planning, psychoeducation, safety planning & specialised counselling to promote emotional, psychological, physical, cultural and family wellbeing.

The Be.Me. program is funded by the Australian Government Department of Social Services.



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Australian Government  
Department of Social Services



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# Be.Me.

## Aims of the Program

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02 6189 0590



beme@crs.org.au

OR, fill the forms below and one of our team members will get back to you.

**Referral Form**

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**Self-referral Form**

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