

# It's All About Me

A self-care and wellbeing program for young people who care for a family member.



**CarersQLD**  
Australia

*Making life better*

[carersqld.com.au/iaam](http://carersqld.com.au/iaam)

# YOUNG CARERS MATTER

## Do you know a young person who looks after a parent, sibling or relative with a disability or illness?

### Making life better.

For some young people, life involves going to school or hanging out with friends, but we understand that for others, it could be different.

For a young carer, their day-to-day routine may involve helping a family member with a disability or illness to navigate everyday activities, such as cooking, cleaning, paying bills, taking medication or visiting the doctor.

These additional responsibilities can have an impact on their mental health, education or their ability to connect with others.

### Supporting young carers since 2015

The FRIENDS programs help improve the confidence, emotional wellbeing and social skills of young carers in our community through play-based learning and peer support in a safe and welcoming environment.

The programs are delivered in weekly two-hour sessions during the school term (10 weeks), in groups of six children.

There are two free\* programs available:

- **Fun Friends (Year 1 to 3) – positive social and emotional development**
- **Friends for Life (Year 4 to 6) – inspiring confidence and emotional strength**

\*The program is fully subsidised

Young carers will also have the opportunity to participate in free monthly group social activities such as bowling, laser tag or trips to the movies.

### Benefits of attending this program include:

- Make new friends
- Support for young people with caring responsibilities
- Develop new skills
- Support young people with caring responsibilities
- Provide a break from the caring role
- No cost – the program is fully subsidised.

### Connect with us

For more information about this program, email: **[carerprogram@carersqld.com.au](mailto:carerprogram@carersqld.com.au)**



**The Smith Family**

Learn today, change tomorrow.

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**FRIENDS  
RESILIENCE**

For more information on the FRIENDS Resilience program visit: [friendsresilience.org/](http://friendsresilience.org/)



# CONNECT WITH US



LEARN MORE



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