

# It's All About Me

## Young Carers Schools Program

Supporting 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 student who helps look after a parent, sibling or relative with a disability or illness?

### Making life better.

There are at least two young people in every classroom who provide care for a family member.

This can include navigating everyday activities, such as cooking, cleaning, paying bills, taking medication or visiting doctors.

These additional responsibilities can have an impact on their mental health, education, and 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

These programs have been endorsed by the World Health Organisation (WHO).

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

### Benefits of hosting this program include:

- Support for students with caring responsibilities
- Create new connections and partnerships in your community
- Improve the mental wellness of students
- Reduce social isolation of students
- Create an inclusive environment for students
- No financial 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/](https://friendsresilience.org/)



# CONNECT WITH US



LEARN MORE



1300 747 636



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