

WHO IS IT FOR

This program is designed for school-aged young people who would benefit from additional support in building connection, resilience, confidence, and wellbeing. Suitable for schools seeking early intervention and wellbeing support for students.

PROGRAM OUTCOMES

Students will:

- Build stronger social connections and relationships
- Increase confidence and self-awareness
- Learn practical resilience and coping strategies
- Strengthen teamwork and communication skills
- Develop community connection and purpose
- Improve emotional wellbeing through experiential learning

SAFETY AND RISK MANAGEMENT

Student safety is a priority in all program activities, including offsite sessions. Momentum Mental Health completes comprehensive risk assessments for every excursion and activity to ensure a safe and well-planned experience.

This includes clear supervision ratios, emergency procedures, site safety planning, and communication with schools and families. Our team works closely with schools to ensure all activities align with duty of care and school safety requirements.



Phone Momentum Mental Health

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Online form

Go to:

<https://forms.office.com/r/bQwDifKyju>

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**OUR GOAL IS TO INTERVENE EARLY,
STRENGTHEN PROTECTIVE
FACTORS AND HELP YOUNG PEOPLE
AND FAMILIES BUILD POSITIVE,
LONG-TERM FUTURES.**

**SCAN THE QR
CODE FOR
MORE INFO**



Adapt
Mentorship

Building Momentum at School

An 8-Week Intensive Program Based on
the Five Ways to Wellbeing



Supporting young people to develop resilience, life skills, and prosocial behaviours - while empowering families, friends, and carers to strengthen protective factors and wellbeing.

**FREE EIGHT-WEEK PROGRAM BASED
ON THE 5 WAYS TO WELLBEING**

How We Deliver Support

TAILORED SUPPORT FOR YOUTH

Each student receives tailored and flexible support based on their individual needs, helping schools provide early intervention and targeted wellbeing support. Our approach can include:



1. Individual case management and mentoring
2. Creative and therapeutic group programs
3. School re-engagement and transition pathways
4. Trauma-informed counselling through Mindware Psychology
5. Intensive youth support delivered by qualified Momentum Mental Health youth workers



This holistic approach helps students build resilience, strengthen connections, and improve emotional wellbeing both at school and in the community.

OUR SCHOOL SCHEDULE

At Momentum Mental Health, we know that young people thrive when they feel connected, supported, and empowered. Our Youth Wellbeing Program is an engaging eight-week intensive designed for school-aged young people, grounded in the Five Ways to Wellbeing: Connect, Be Active, Be Aware, Keep Learning, and Give.

This program supports young people to strengthen relationships, build resilience, develop confidence, and explore practical strategies for improving mental health and wellbeing.

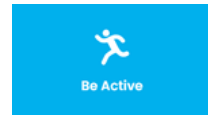
What's Included



Strong relationships are the foundation of good mental health.

We begin by building trust, connection, and positive relationships within the group and with our team. Through meaningful conversations and shared experiences, young people develop a sense of belonging and connection.

Featured Session: Podcast Experience with Adam and Susy Wenitong from Adapt Mentorship, where participants will reflect on their journey, share what they have learned, and celebrate how far they have come.



Movement supports both physical and mental wellbeing.

Participants will take part in fun and challenging **team-based activities designed to build communication, trust, and confidence.**

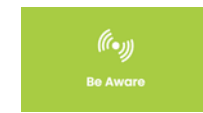
Featured Session: Park Games at Coronation Park featuring team-building challenges and group activities.



Helping others builds purpose, empathy, and community connection.

Young people will experience the positive impact of giving back through volunteering and supporting others in need.

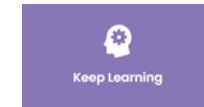
Featured Session: Volunteer Day at Food Assist to contribute to community and support vulnerable people.



Connecting with nature helps young people slow down, reflect, and become present. Participants will experience time on Country, learning mindfulness through connection to land, culture, and environment.

Featured Sessions: On Country Visit to Crows Nest Falls to connect with nature and wellbeing.

Outback Instincts Experience to learn about native animals, the land, and environmental awareness.



Learning new skills helps build resilience and confidence.

Participants will continue developing teamwork, emotional regulation, and resilience through practical and engaging activities.

Featured Sessions: Camp Cooby Visit focused on connection, resilience, and team-building.

Wellbeing Creation Session at Momentum Mental Health where participants will create practical wellbeing resources to take home.

