



Referrals can be made by completing
our referral form and emailing it our
our referrals manager at

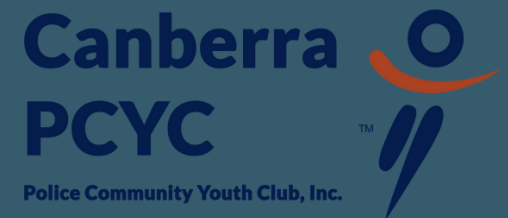
referral@pcyc.net.au



SOLID GROUND

Supporting young people to build
emotional resilience and awareness.

Increasing community connections
and fostering safe environments.



Solid Ground



Our GOAL is to ensure
that every child feels
safe, respected, seen,
and supported.



Outcomes

The Solid Ground program addresses the short and long term effects of family conflict on young people's social and emotional wellbeing. CPCYC support young people to:

- Increase emotional awareness and resilience
- Develop an understanding of healthy relationships
- Build a safe and supportive community
- Feel supported and seen



Solid Ground is an innovative support program that provides a combination of:

- Youth engagement
- Social and emotional learning
- Outdoor recreation, and
- Individual and family case work

Solid Ground is available to young people aged 11 to 18 years of age, who have experiences of family conflict, or exposure to FDSV.

Solid Ground is delivered once-weekly over the course of 20-weeks. The program includes the delivery of Love Bites Healthy Relationship program and PCYC's Project New Leaf (managing emotions) program, and further education on respect and values.

Solid Ground is an ACT Government funded initiative.

A program of

