

CONNECTION & BELONGING

Helping young people feel seen, heard and connected.

STRONGER
YOUNG PEOPLE
BRIGHTER
TOMORROWS

BETTER
TOGETHER ♥

Connection and belonging are fundamental to wellbeing. For young people who have experienced care, instability or disrupted relationships, safe and trusted connections can matter even more. This workshop helps young people build confidence, recognise supportive relationships and know where to turn when life 'feels difficult'.



What young people will gain

- ✓ A stronger sense of connection and belonging
- ✓ More confidence expressing needs and asking for support
- ✓ Greater awareness of safe, trusted relationships
- ✓ Practical ways to navigate stress, conflict and difficult moments
- ✓ A clearer sense of where and who to turn to when support is needed



What this workshop can strengthen

- ✓ Mental wellbeing and social connection
- ✓ Confidence and self-advocacy
- ✓ Healthy, supportive relationships
- ✓ Help-seeking and trusted support networks
- ✓ Participation, belonging and engagement

Youth-centred • Trauma-informed •
Strengths-based

Connection is not a luxury.
It is a protective part of wellbeing.



Planning for Mental Health Month?

Let's shape a session around what your young people are experiencing — and the connections, confidence and support they need.

