

# COSY

PROGRAM



## Circles of Support - Youth (COSY)

COSY supports young people aged 12 to 21 in the Sunshine Coast hinterland who are experiencing social, emotional or behavioural difficulties that impact their wellbeing and relationships.

### These difficulties may relate to:

- Family relationships
- Health and wellbeing
- Housing and accommodation
- Drug and alcohol use

The **COSY** team provide individualised one-on-one support, brief interventions to address specific needs, and short-term case management and referrals for young people with complex and/or ongoing needs.

The team can also help with advice, information and connection to other community-based services.

POSSIBILITIES  
UNLIMITED



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**COSY** is a voluntary program; we work with young people, on their terms, when they're ready. We take the time to listen and understand and to support and empower young people to identify and achieve their goals.

With support from the **COSY** team, we aim for young people to build the skills to re-engage positively in education, their community and family.

## Who can access COSY?

Young people aged 12 to 21

## Where is COSY available?

**COSY** is based at Nambour and services the Sunshine Coast Hinterland and Gympie regions.

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## For more information, call our friendly team:

 1300 621 499

 107 Currie Street, Nambour QLD 4560

 [communitysolutions.org.au](http://communitysolutions.org.au)



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