



Bright Futures is a service designed to increase optimism and support for young people in kinship care.

To be eligible, a young person must:

- ★ Be aged between 8 and 17; AND
- ★ Live full-time with family members other than parents

Young people in the program will be supported through:

- ★ Individual counselling, support and case management
- ★ Access to therapeutic and support programs
- ★ Access to living skills programs
- ★ Recreational opportunities
- ★ Links to community support

For more information, or to access the program, please contact Community Solutions on:

P: 5437 9499
Email: brightfutures@community-solutions.com.au

Bright Futures is supported by funding from the Australian Government Department of Health and Ageing under the National Illicit Drug Strategy Community Partnerships Initiative.

Community Solutions Inc. is a unique organisation which recognises the significant and sustainable outcomes that can be achieved when the resources of communities, business, government and individuals are brought together to target issues of concern and opportunity.

Established in 1991, Community Solutions Inc. has developed to become a highly successful and effective community based organisation that specialises in the development and delivery of innovative and sustainable programs and services.

Community Solutions is located at:

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Grandparents as Parents is funded by the Australian Government under the Stronger Families and Communities Strategy.



www.GrandparentsAsParents.com.au

Are *you* caring for your Grandchildren?



Grandparents As Parents

A program for grandparent carers

Phone: 07 5437 9499

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Grandparents As Parents Project (GAP)

Grandparents As Parents (GAP) Project provides information and support to grandparents who are the primary carers for their grandchildren. The program encourages social interaction, mutual support, involvement in local activities, as well as access to resources and services.

The Grandparents as Parents (GAP) Project provides monthly weekend recreational activities, picnics, regular fun days and support through home visits and monthly group meetings, so grandparents and children can enjoy social interaction, build positive relationships, increase their self-esteem and help to strengthen their family unit.

“ *The Grandparents As Parents Program has helped me to cope, gives me support and helps me to realise that I am not alone.* ”



“ *I thought I was the only one living with my grandparents. Now I know lots of kids like me.* ”



Monthly Activities:

The monthly activities provide an opportunity for grandparents and grandchildren to connect through social interaction, with people/children in similar situations to theirs.

Activities have included:

- Barbeques
- Baby Animal Farm
- Barefoot Lawn Bowls
- Movies

“ *The monthly activities are a great time out for the grandparents and grandchildren. Our grandchildren can mix with other grandchildren in the same situation which helps them to feel normal and we get to have some much needed time out.* ”

Monthly Support Meetings:

Monthly meetings are held on the second Friday of the month and provide a safe environment for grandparents to share the highs and lows of raising their grandchildren, gain access to important information and networks and generally enjoy each others' company in a relaxed atmosphere.

“ *The meetings are for me. It's a safe place where we can vent our frustrations, meet other grandparents, share information and generally support each other. We sometimes have guest speakers too. The support from the GAP program is so important to us.* ”

Case Management:

Individual support through home visits and case management is also available.

“ *I learned to feel again, to cry again, to grieve and stop beating myself up with the guilt and shame stick. I am so grateful to have been able to find myself again through counselling.* ”

Eligibility:

Residents of the Sunshine Coast and Hinterland areas of Queensland.



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