

## Youth and Family Program

The Co.As.It. Youth and Family Program is delivered through a Targeted Earlier Intervention (TEI) model. This approach focuses on providing responsive and flexible prevention and early intervention support to meet the needs of children, young people, families, and communities who are experiencing or at risk of vulnerability.

Our program focuses on skills development, leadership training, and capacity building for young people in the community through a variety of workshops, training sessions, and events.

Our program supports young people in exploring career pathways and developing life skills, while also organising social events to connect young people in the community.

The program is funded to provide a range of services, including:

- Community engagement activities
- Information, advice and referral
- Education and skill training
- Facilitate employment pathways
- Social participation activities
- Supported playgroups



## Contact us



### By phone

(02) 9564 0744



### By email

[referrals@coasit.org.au](mailto:referrals@coasit.org.au)



### In person

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67 Norton Street  
Leichhardt NSW 2040



### Website

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

**or Scan here**



# Take control of your mental health and wellbeing

**(02) 9564 0744**  
**[coasit.org.au](http://coasit.org.au)**



## Why choose Co.As.It.?

Co.As.It. is a leader in providing culturally and linguistically appropriate care to communities across Sydney. We offer a wide range of personalised support services designed to assist individuals within our community.

Our Community Services team includes bilingual staff, social workers, psychologists, case managers, community care workers, and dedicated volunteers; all working together to offer comprehensive care.

The Co.As.It. Bilingual Mental Health Program provides support in the areas of Mental health, drug and alcohol use, and youth & family relationships.

Co.As.It. is funded by NSW Health to offer these programs, and we are proud to be the only service provider offering such support in Italian across New South Wales.

While our services have been tailored to the Italian community, we are dedicated to inclusivity and welcome individuals from all cultural backgrounds.

We are committed to maintaining the highest level of confidentiality, ensuring that all services are free of charge, and no GP referral is required. Whether you prefer in-person or online sessions, we can accommodate your needs.



## Mental Health Program



In Australia, around 1 in 2 people will experience mental health challenges at some point in their lives.

At Co.As.It., we are committed to lifelong learning and support, ensuring the health and well-being of our community. We understand that feelings of stress, fatigue, and being overwhelmed can significantly affect our ability to think clearly, perform at work, maintain relationships, and enjoy life. It's important to take a moment to pause and reflect on how we're feeling and to address our mental health needs.

Our psychologists offer casework, advocacy, and free counselling to support both clients and their families. We provide psychological support services to those facing mental health challenges and collaborate closely with other health and community service providers to offer comprehensive care.

## Drug and Alcohol Program

Alcohol, tobacco, and other drug use are the leading causes of disease, illness, and death in Australia.

Addiction is a complex issue that can be incredibly difficult to overcome without the right support.

The Co.As.It. Drug and Alcohol Program is designed to help community members access support services and free counselling for issues related to drug and alcohol use.

In addition to providing counselling for individuals, the program also focuses on preventative campaigns, targeting both older and younger members of the community to raise awareness and encourage healthier lifestyles.

