

Media Release



Monday 2 September 2019

FREE Youth Mental Health First Aid Course available for young people

Camden Council is offering 30 residents, aged 18 to 25 years, the opportunity to complete a Youth Mental Health First Aid course, free of charge!

There will be two courses running, the first on Wednesdays 2 and 9 October and the second on Thursdays 3 and 10 October, 9am-5pm, at Mount Annan Leisure Centre, taking 15 residents each.

Mayor of Camden, Cr Theresa Fedeli, said the opportunity was part of the Camden Youth Empowerment Project.

“We want to make sure our young residents have access to opportunities that mean something to them and be supported to become active change-makers for Camden,” Cr Fedeli said.

“I’m encouraging our local youth services, community groups and educational institutions to talk to the young people they interact with and urge them to apply.

“This is a terrific opportunity on offer, made possible by funding from the NSW Government’s Family and Community Services.”

Applications are now open and will close on Friday 13 September.

There are a number of other youth programs coming up, including:

- Paws for a Second, an HSC Program held at Narellan Library;
- Late Night Basketball at Mount Annan Leisure Centre;
- Free skateboarding clinics at Kirkham Park;
- Female Wellness Project, for young women aged 12-18 years, at Mount Annan Leisure Centre;
- Youth Fit Squad at Mount Annan Leisure Centre; and
- Diversity Group, a safe space LGBTIQ+ young people aged 16-24 years, at Narellan Library.

For more information on the Youth Mental Health First Aid course on offer, and to access the application form, email Council’s Youth Community Project Officer on youth@camden.nsw.gov.au

For more information on other youth programs and activities, visit camden.nsw.gov.au and search ‘Youth Programs’.

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