



Check in with yourself

What's challenging me?

I need...

To feel seen and supported

So I can...

Reach out to my network

- YACVic networks (YPPN, Huddles)
- Local networks
- Groups run by my local council's youth services

To get practical help or information

Look for resources and PD
YACVic.org.au/COVID-youth-work

Something else (name it!)

Name this to others and ask what they are doing that I can learn from