



# CUSP

## Welcome Pack For Children

My Cusp worker's name is:

.....

My worker will see me:

.....



# What We Do

When we go through challenges in life it is common to experience difficult feelings. This can feel big and change the way we think, feel and act.

We can work together to make sense of how you are feeling and learn skills to overcome worries and challenges in a fun and meaningful way.

**Cusp** sessions will take place in a space you feel safe and comfortable.

**Uplyft.** 



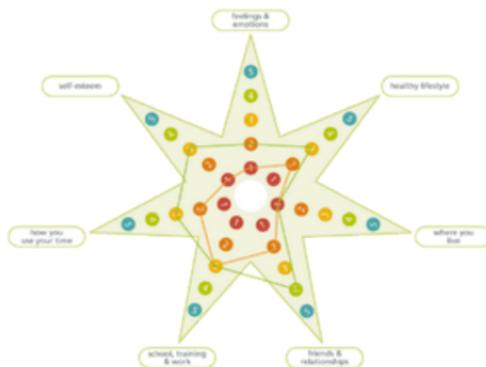
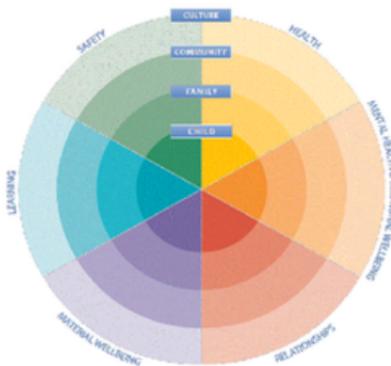
# How We Work

Together we will come up with some **GOALS** that you want to work on.

We use the Family Action Plan & Outcome Star to help decide on these goals.

These words are very important to us:

- Confidentiality
- Child Safe



**Uplyft.** 

# What you say with your worker stays private

Unless...

- Someone is hurting you
- You want to hurt someone else
- You want to hurt yourself
- You give me permission to share



**Uplyft.** 

# What children have said about Cusp

*We play and talk*

*We have lots of fun in sessions*

*I love the Cusp program*



*Thank you for helping me feel confident and safe*



# Safe Space for Everyone



Uplyft acknowledges the traditional owners of this land, their ancestors and Elders, and are committed to reconciliation amongst all Australians.

We promote the wellbeing of all children.



You have the right to...

- Choose whether or not you participate.
- Be included in decisions and discussions about you.
- Decide what you want to talk about with your worker.



# About You

My name is



My favourite  
colour is

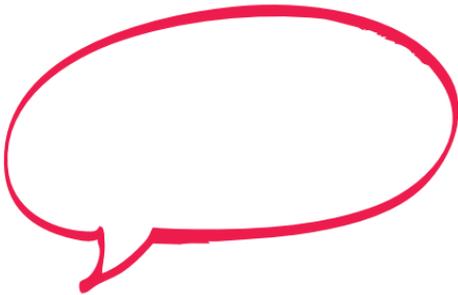


I am

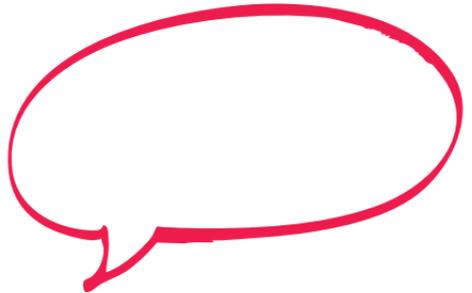


years old

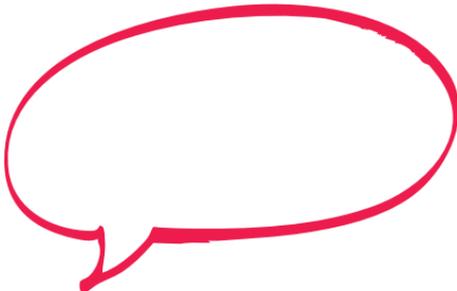
I'm good at



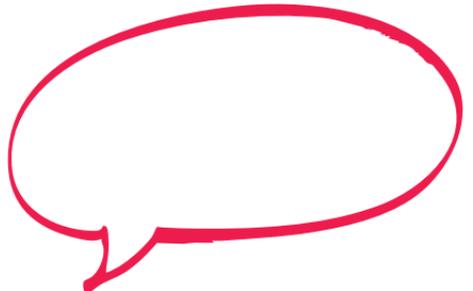
My favourite games are



When I grow up I want to be



I live with



# Drawing Space

