



TAZ KIDS PROGRAM

Supporting and
strengthening families



1800 243 232
anglicare-tas.org.au

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Clubs and activities for young Tasmanians aged 7–17 who have a parent or guardian affected by mental health.

What are Taz Kids Clubs?

Taz Kids Clubs run for up to seven weeks in primary schools and high schools around Tasmania. Clubs offer a friendly, safe environment where young people can ask questions and get accurate and developmentally appropriate information about mental health and wellbeing.

Clubs are a chance for young people to have fun, play games and work on creative projects together. Clubs also provide a peer group for children to better support each other.

What are Taz Kids Activities?

Taz Kids activities run during the school holidays at venues around Tasmania. They give young people an opportunity to make new friends, be part of a team, get outdoors and have fun, while strengthening coping skills and building resilience.

Taz Kids also offers

- Family days
- Parenting support and workshops
- Newsletters
- Leadership opportunities for teenagers

All activities are provided free of charge and facilitated by qualified experienced staff from Anglicare.

Please contact us if you or a family member would like to access this service.

Email Tazkids@anglicare-tas.org.au
or call **1800 243 232**



Taz Kids is supported by the Crown through the Department of Health Tasmania.