



**FREE  
8 WEEK  
GROUP  
PROGRAM**

# **BEST Youth & Family Program**

**The BEST (Behaviour Exchange and Systems Therapy) program is a weekly group for parents and carers who are worried about their young person's behaviours, substance use or mental health.**

BEST aims to support families to better understand the challenges associated with adolescence, improve family communication and quality of relationships, reduce conflict and stress, and create a shared plan for their family's future.

## **HOW OFTEN?**

Weekly for eight weeks

## **WHO CAN ATTEND?**

Any parent/carer who is concerned about their young person. There is no fee and the young person does not need to be a client of Youth Focus.

## **WILL MY YOUNG PERSON BE INVOLVED?**

We encourage parents/carers to come on their own for the first four sessions and then encourage the young person to attend the remaining four sessions.

## **HOW DO I SIGN UP?**

Please call our Intake Team on (08) 6266 4333 or register via [youthfocus.com.au](http://youthfocus.com.au)



Register your interest and find out more at:  
[youthfocus.com.au/what-we-do/best-program](http://youthfocus.com.au/what-we-do/best-program)



Criminal Property Confiscation  
Grants Program



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