



# TAZ KIDS PROGRAM

Supporting and  
strengthening families



1800 243 232  
[anglicare-tas.org.au](http://anglicare-tas.org.au)

# TAZ KIDS PROGRAM

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 well-being.

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](mailto:Tazkids@anglicare-tas.org.au)  
or call **1800 243 232**



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