

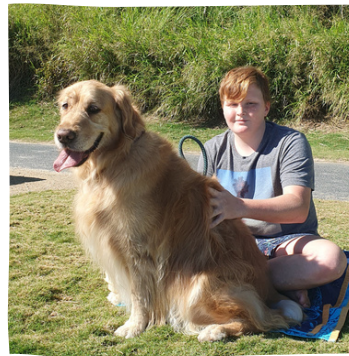
ADVENTURE MENTORING

SUNSHINE COAST

YOUTH WELLBEING PROGRAM

Service Information

Sunshine Coast Adventure Mentoring offers a youth wellbeing program for participants aged 8-18. Our program aims to improve the mental health, physical fitness, and emotional wellbeing of each participant.



We facilitate adventure-based activities throughout the Sunshine Coast, Gympie & North Brisbane. From the Bush to the Beach, participants have opportunities to work together with others in a safe and supportive environment, rely on one another, develop relationships, problem-solve, build resilience and improve confidence.

CONTACT US FOR MORE INFO



Meet Your Facilitators

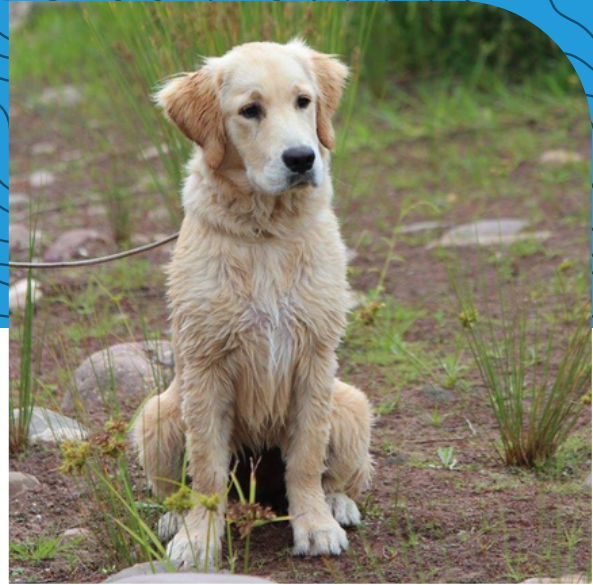


MATT SCIBERRAS

With 17 years in Teaching and Outdoor Education, Matt is passionate about the mental and emotional well-being of youth.

As the founder and leader of the adventure mentoring program, he has created a physically and emotionally safe environment where individuals are given the opportunity to grow and heal in the outdoors.

The lack of youth wellbeing programs on the Sunshine Coast prompted him to develop unique and impactful activities that challenge participants both physically and emotionally. Through outdoor adventures and team-building exercises, Matt fosters personal growth, resilience, and self-confidence in his participants.



MAGGIE

Our golden retriever, Maggie, is an integral part of our work focused on the emotional and mental well-being of our participants. Maggie plays a crucial role in our efforts, bringing comfort and companionship to those who need it most.

Maggie's warm and gentle nature creates an inviting atmosphere. She has an uncanny ability to sense emotions and provide a comforting presence during difficult times.

Whether it's a wagging tail or a slobbery kiss, Maggie brings joy and solace to our participants, reminding them that they are loved and valued.

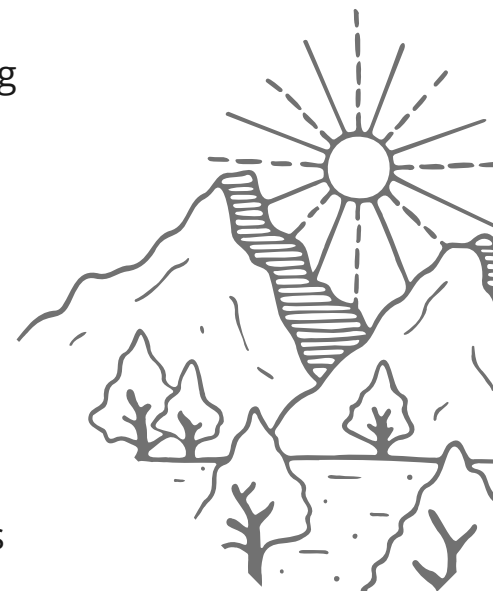


ACTIVITY OPTIONS

Here are some of our adventure-based activities. Our priority is to provide fun, safe and useful experiences that improve mental and emotional well-being.

Our program can also offer a break from the distractions of technology and an opportunity to be present and live in the moment for those addicted to screens and gaming. Our activities and camps offer a different kind of stimulation and a chance to disconnect and reconnect with the world around us.

- Kayaking
- Raft Building
- Fishing
- Mountain Biking
- Sand Tobogganing
- Bush Walking
- Snorkelling
- High Ropes
- Lego Building
- Surfing
- 4WDing
- Adventure Camps



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NDIS PARTICIPANTS

Sunshine Coast Adventure Mentoring can work with NDIS participants who are self-managed and plan-managed.

We can provide quotes to add Support Items to your plan.

Get in touch to discuss any NDIS needs or questions.

Community, Social and Recreational Activities

04_210_0125_6_1

Innovative Community Participation

09_008_0116_6_3

Community Participation Activities

09_011_0125_6_3



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