



# TALDUMANDE

## — YOUTH SERVICES —

WE ARE WITH YOU



LIFE  
READY

### Ready to level up your life- skills and take on new challenges?

Our Life Ready program at Phoenix House is designed to support you in every step of your journey.

Whether looking to develop crucial life-skills or manage personal challenges, we can guide you to reach your goals. Our tailored support and expert advice will ensure you are prepared and confident in all aspects of life.

## WHAT WE OFFER

- ✓ **One-on-One Life Coaching:** Build confidence and essential life skills with personalised coaching sessions
- ✓ **Group Sessions:** Join group activities to make friends, build leadership skills, and learn together
- ✓ **Life Skills & Recreation:** Learn financial literacy, cooking, time-management, plus enjoy creative and outdoor pursuits

## ELIGIBILITY

Our Life Ready service is available for:

- ✓ Anyone aged 15-24.
- ✓ Living in the Northern Beaches, North Shore, Hunters Hill and Hornsby area.

## GET IN CONTACT

 Speak to our friendly intake team at (02) 9460 3777

 Want us to call you? Email us your name and contact number at [intake@taldumande.org.au](mailto:intake@taldumande.org.au)

 Phoenix House, 10 Holtermann St, Crow Nest, NSW 2065

 [www.taldumande.org.au](http://www.taldumande.org.au)



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