



Wings Within - Inspiring Sydney's Teens

Connecting Sydney's Youth to Professional Mentors,
Empowering Our City's Teens to Create an Inspired Life to Live.
The Answers are Within You,
Our Professional Mentors Help You Find Them.



Vote #1 for Wings Within

Project Applicant: Amy Spain

A resident and community focussed business owner in Sydney City.

Grant application: MCP19-02772

Project Sponsor: Eco Minds Community Care

Committed to donating resources to the community for improving mental, physical and environment health.

Project Summary

Why :Depression, anxiety and self harm are on the increase in the 12-18 year old age group. Suicide is the leading cause of death for young Australians. The research shows that learning how to be emotionally resilient is the key to addressing the stress of being a teenager especially in the domain of social media bullying, peer pressure, social pressure, academic expectations, and negative perceptions on their future prospects.

What:Supporting teens to acquire skills in: social relationships, embracing cultural diversity, finding a sense of control, knowing how to help-seek, and helping them find a meaningful purpose in life. These are essential tools for building emotional resilience and helping teens achieve their full educational, social and creative potential as they move from adolescence and teens into adulthood.

How:Eco Minds Community Care (EMCC) as the sponsor of the project will source expert mentors and coaches and teachers to deliver one to one help, workshops, and an online self-help app. EMCC will lead volunteers from the community to support the programs to reach further into the community.