



# Youth Reconnect Transition Program (yRTP)



## What is the Youth Reconnect Transition Program?

The Youth Reconnect Transition Program (yRTP) is a 9-week course that helps people aged between 16 and 25 adjust to life after sustaining an acquired brain injury (ABI) as a result of a road trauma.

The program assists young people to reconnect with their communities, manage challenges, and plan for the future.

The yRTP uses trained mentors who have first-hand experience of acquired brain injury.

The program is specifically tailored to young people and covers a range of topics, including:

- The brain and neuroplasticity
- Emotional wellbeing and building resilience
- Working through challenges

- Friendships and other relationships
- Making positive choices
- Study and work pathways
- Personal strengths and goal setting



## Who can join the Youth Reconnect Transition Program?

Anyone, aged 16 to 25, who has sustained an acquired brain injury as a result of a road trauma, is welcome to participate in the program.

Brain Injury SA runs a separate program, RTP, aimed at people aged 26 to 65, who have sustained an acquired brain injury as a result of a road trauma. Please contact Brain Injury SA for more details.

## Who runs the program?

The yRTP is run by Brain Injury SA and is facilitated by their registered psychologist Ed Weaver, who has a wealth of experience assisting people to work through the unique challenges an acquired brain injury can present.

Ed is supported by a team of trained mentors, who are each living with an acquired brain injury and kindly share their experiences with program participants.

## When is the Youth Reconnect Transition Program run?

The Youth Reconnect Transition Program is run annually with sessions held weekly during the 9-week course.

Each session is held from 10.30am to 12.30pm at Brain Injury SA's offices at 70 Light Square, Adelaide.

Morning tea and a light lunch are provided.

The Youth Reconnect Transition Program is free to attend and bookings are essential.

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## More information?

If you would like more information about the Youth Reconnect Transition Program please contact the course coordinator Ed Weaver using one of the following methods:

### Telephone

**08 8217 7614**

### Email

**info@braininjurysa.org.au**

### Country callers

**1300 733 049**

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