



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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Lifetime
S U P P O R T



**Brain Injury
SA.**

Building positive futures for
people with acquired brain injury

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