

Healthy families build healthy communities.

Who we are

We exist because families told us what they needed, long before there was funding or a plan. We walk alongside families and young people through Nourish, Restore, Grow and Connect — one connected pathway, not a hand-off between services. We're new as an organisation, but not new to this work: years of frontline mentoring, education support and community leadership sit behind everything we do.

Why it matters

- **1 in 8** Australian households experienced food insecurity in 2023 — often families already carrying other pressures.
- More than **4 in 5** young people aged 10–16 released from sentenced detention in 2022–23 received another supervised sentence within 12 months.
- Fragmented services can leave families navigating separate referrals, appointments and eligibility rules across education, housing and health.

Sources: ABS, Food Insecurity 2023; AIHW, Young people returning to sentenced youth justice supervision 2023–24.

How we're different

- **One connected pathway, not a hand-off** — Nourish, Restore, Grow and Connect, working together rather than as four separate programs.
- **Relationships that last** — our mentoring approach is being developed around established safeguarding, training, matching and ongoing-support practices. Specific delivery partners will be named once agreements are confirmed.
- **Grounded in lived community experience** — built from direct, on-the-ground work, not designed at a desk.

Proven on the ground

- Hope Australia Soccer Academy (HASA) — youth mentoring and life skills through sport, City of Casey.
- JDI Homework Club — literacy and numeracy support, delivered with the South Sudanese-Australian Academic Society.
- Can We Talk For A Minute? — a book series and related workshops guiding real conversations between parents, mentors and teens.
- Formal training across trauma-informed care, chaplaincy, school-based education support and mentor coordination.

Mentoring practice will be built around appropriate safeguarding, mentor training and ongoing support. Specific model and partner references will be added only after formal confirmation.

Ways to partner

- Fund or sponsor a pilot location or a workshop series.
- Refer families to us, or deliver this work alongside us.
- Speak, train or run a workshop with us.

The ask

We're looking for founding partners to help us prove this model at pilot scale. If that's you — or you know who is — let's have a conversation.

Contact: hello@canwetalkforaminute.org

Register your interest: canwetalkforaminute.org/contact

"We wrote the book because we kept having the same conversation with other parents. This organisation exists for the same reason — one conversation, kept going."

— LAURENT & SHARON LAMBERTY, FOUNDERS