REGIONAL LOCATIONS:

**Beenleigh**  
Life Without Barriers  
Level 1, 96 George St,  
Beenleigh  
QLD 4207  
07 3442 6600

**Brisbane**  
Life Without Barriers  
Level 3, 42 Amelia St,  
Fortitude Valley  
QLD 4006  
07 3633 1500

**Ipswich**  
Life Without Barriers  
4/21 Brisbane St,  
Ipswich  
QLD 4305  
07 3432 7800

**Toowoomba**  
Life Without Barriers  
298 Ruthven St,  
Toowoomba  
QLD 4350  
07 4616 3100

**North Coast**  
Integrated Family and Youth Services (IFYS)  
07 5438 3000

**South Burnett**  
South Burnett CTC  
CTC – Youth Services  
Somerset St, Kingaroy,  
QLD 4610  
(located at the Youth Park next to the skate park)  
07 4162 7788

**Mackay**  
Life Without Barriers  
Cnr Grendon and Palmer St,  
Mackay  
QLD 4740  
07 4965 4800

**Rockhampton**  
Life Without Barriers  
194-198 Alma St,  
Rockhampton City  
QLD 4701  
07 4921 1475

**Townsville**  
Life Without Barriers  
Suite 1,  
3 Ramsay St,  
Garbutt East  
QLD 4814  
07 4755 7400

**Cairns**  
Youth Empowered Toward Independence (YETI)  
3 Winkworth Street,  
Bungalow, Cairns  
QLD 4870  
07 4051 4927

**REGIONAL LOCATIONS:**

**Call or text**  
1800 NEXTSTEP 24/7  
Email us at  
info@nextstepaftercare.com.au  
Visit the website  
nextstepaftercare.com.au  
Join us on social media or call in and visit one of the Next Step After Care regional service providers.

**1800 NEXT STEP**  
1800 639 878  
NEXTSTEPAFTERCARE.COM.AU
Next Step After Care services are here to provide young people between the ages of 15 and 21 who have been in foster care or other out of home care arrangements, with support to build independent lives.

**How do Next Step After Care services help?**

In some cases, we will be able to assist by providing advice or information straight away.

If ongoing or more involved support arrangements are needed, we can work with the young person to arrange the right, individual local support.

We also have funds available that can be used to purchase goods and services that can make a difference for a young person in need.

We can even arrange to check in with the young person every now and then by phone, just to see how things are going.

**Help is voluntary**

Next Step After Care services are voluntary, hassle-free and designed to engage with young people as they move towards more independent lives. How involved we get in helping out is totally up to the young person.

**Know someone who needs help after care?**

If you know someone who’s left care who you think could do with some extra support, call 1800NEXTSTEP or you can go direct to one of the Next Step regional service providers listed on the back of this brochure.