

FULLY FUNDED



# SHUTDOWN UPDATE & RESTART

## @ DIGITAL DETOX PROGRAM

The Digital Detox is a fully funded 8 day early intervention program for 12-14 year olds who are showing signs of digital dependence. Through adventure-based activities and educational workshops, participants will be given the opportunity to disconnect, evaluate their well-being and create healthy new habits.

CREATING NEW CONNECTIONS

PHYSICAL ACTIVITY

WILDERNESS EXPEDITIONS

MINDFULNESS TECHNIQUES

**This program is not about eradicating the use of devices, but helping young people gain the skills to balance their lives and reduce the negative emotional and social impact of digital dependency.**

From 19 - 26 January 2025 at Coffs Coast Adventure Centre, located at Bonville NSW

**“The program was really fun and I really enjoyed it. I learned a lot and I won’t go back to using technology like I used to” - Jake.**

**KOKODA**  
YOUTH FOUNDATION  
*Changing Lives*



**APPLY NOW!**

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