



i.am

your Coffs Harbour team

June 2022

Hello, i.am Krystal

I.am the Team Leader for i.am in Coffs Harbour and Nambucca Heads. I have worked in Community Services and the Mental health industry for 9+ years across numerous programs within New Horizons.

I am a proud Gumbayngirr woman and have grown up on the Mid-North Coast representing my people and the vulnerable people who need a strong advocate to find their voice.

I enjoy spending time with my family, fishing, sports, cryptic crosswords, and playing with my pets. In my spare time, I am usually trying something new or attempting to be a handywoman upcycling various furniture.

You will likely meet me when first referred to the i.am program, at expos & Community Service networking, where I look forward to collaborating and strengthening our partnerships.

Being a part of the i.am team encourages me to empower young people on their recovery journey to overcome barriers, build autonomy and create optimism for a brighter future.



"Our feet are our body's connection to the earth – so let us walk beside each other."



Hello, i.am Rachel

Hi, I have worked in the Mental Health and Youth sectors for 12+ years.

I would describe myself as a fun, approachable & dedicated Child & Youth Champion working with the i.am program in Coffs Harbour and Nambucca Heads.

I grew up in the country Victoria & Melbourne before spending many years in the heat of North QLD with the crocodiles & cyclones. I've had an interesting life so far & bring a lived experience in Mental Health to my role.

I am a creative person & love music - live performance on guitar & vocals are my thing, but I also love recording original songs at home.

I'm a big softy when it comes to animals, especially dogs. In my spare time, I'm usually outdoors, walking and playing basketball, but mostly zipping around on an electric skateboard with a big smile on my face.



"Vulnerability sounds like truth and feels like courage. Truth and courage aren't always comfortable, but they're never weakness.."

Hello, i.am Matt

Hey, I.am a Child and Young Person Champion here in Coffs Harbour and Nambucca Heads.

I have grown up in Coffs Harbour all my life.

I have worked in the community services industry for 7+ years in disability and mental health with a wide range of people. I was previously in the health and fitness industry, working as a personal trainer. I changed industries to be able to help more people in my community.

When I am not at work, you can find me doing a range of hobbies and interests I enjoy. I love going to the gym, boxing, beach and recently, I just started playing AFL.

I bring a wide range of skills and experience to the program, and I am excited to be part of this great opportunity to give back to the children/youth with a great team.

"What makes you different is what makes you beautiful".



*"Hi there, I'm
Eboney"*

Hello, i.am Eboney

Hey, I.am a Child and Young Person Champion based in the Coffs Harbour and Nambucca Heads area.

I am a proud LGBTQIA+ woman originally from Tasmania but have lived on the mid-north coast for many years. I'm a laid-back person that loves a good laugh and who's always up for a chat or going for a quiet drive.

Over the years, I have become a strong advocate for the young people as I, too, have a lived experience and bring diversity, understanding and acceptance to the team.

I enjoy watching movies, TV shows, documentaries, playing Xbox and listening to music. I also like to do outdoor activities such as fishing, gardening, kayaking and walking.

I am a MASSIVE AFL and AFLW fan but don't hold that against me! Guess my team?



i.am

talk with us

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