

# CHAMPS PROGRAM

## FACILITATOR TRAINING

**DATE: 27<sup>TH</sup> & 28<sup>TH</sup> MAY 2019**

**TIME: 9.15am - 4.30pm COST: \$95.00 (meals included)**

**WHERE: The Bouverie Centre, 8 Gardiner Street, Brunswick**

**WORKSHOP DETAILS:** Champs is a program for children aged approximately 8-12 who have a parent with a mental illness or mental health challenges. The program, developed in 1996, has been extensively reviewed and tested over the past eighteen months; this is an opportunity to be trained to facilitate the revised program which is in line with current best practice.

The new Champs program recognises the need for a more family focused approach. To meet this requirement, it includes a concurrent group for parents which offers peer support, information and a safe space to explore the content delivered in the children's program.

A range of core components around mental illness, family and caring relationships are included as part of the program, as well as sessions around diagnosis specific information and exploring related topics such as managing feelings, stress and self-care.

This two-day training will equip participants to deliver the training and provide support about broader implementation issues.

The Champs program is one of two group programs for these families supported by the FaPMI (Families where a Parent has a Mental illness) Program, coordinated by The Bouverie Centre.

**PRESENTERS:** Bronwyn Sanders, Michelle Hegarty and People with Lived Experience

**WHO SHOULD ATTEND:** Practitioners working in mental health and child and family services, practitioners working in community agencies with vulnerable children and families. Peer workers interested in facilitating the children and/or parent groups.

Experience in running groups is preferable. Please note this training will be largely experiential.

### Registrations At:

Url: [tinyurl.com/champsmaytraining](http://tinyurl.com/champsmaytraining)

Full terms and conditions:

[www.bouverie.org.au/training/pd/terms](http://www.bouverie.org.au/training/pd/terms)

Registration enquiries email: [k.bishop@latrobe.edu.au](mailto:k.bishop@latrobe.edu.au)

Workshop enquiries email: [Bronwyn.sanders@easternhealth.org.au](mailto:Bronwyn.sanders@easternhealth.org.au)

