

## CHAMPS MAT LIFE SKILLS PROGRAM

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The CHAMPS MAT Life Skills program is for children aged 8 - 12 years who have a parent with mental health issues, including children who do not live with their parents.

MAT Life Skills program is a physically active therapeutic program that combines the basics of behaviour management with the principles of traditional martial arts. The program works around four basic teachings:

- **Be Strong**
- **Be Calm**
- **Be Kind**
- **Try Hard**



\*The program may be adapted slightly to meet COVID safe guidelines

<b>Where?</b>	<b>Salvation Army church 325 Mitcham Rd Mitcham</b>
<b>When?</b>	<b>8 weeks over Term 3 4.30 -5.30pm Wednesdays Commencing Wednesday 14<sup>th</sup> July No cost to attend.</b>

If you would like to find out more please contact Bronwyn Sanders: Eastern Health FaPMI (Families and Parents where there is a Mental Illness) Coordinator on 9871 3964 or 0408 291 580

Or complete an Eastern Health FaPMI program referral form available at <https://www.easternhealth.org.au/a-z-services-directory/children-families-better-understand-mental-illness-champs>

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