CHAMPS MAT LIFE SKILLS PROGRAM

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**

**Where? The Avenue Uniting church**

**46 Blackburn Rd Blackburn on the corner of the Avenue**

**When? 8 weeks over Term 1**

**4.30 -5.30pm**

**Commencing Thursday 6th February**

**No cost to attend.**

**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**](https://www.easternhealth.org.au/a-z-services-directory/children-families-better-understand-mental-illness-champs)

**This program is generously supported by the Yarra Giving Circle**