

Eastern Health CHAMPS Programs

A number of different types of peer support groups for 8-12 yr. old primary school aged children who have a parent/s who have a mental illness/mental health issues are run by Eastern Health FaPMI program in partnership with other agencies. There is no cost to attend these programs. Attendance for all programs is by referral. **

Term 1 CHAMPS Programs

CHAMPS Peer Support Program

CHAMPS is a peer support program for children and parents who live in a family where a parent has a mental health issue. There are no CHAMPS groups planned for term 1. Please contact Bronwyn Sanders if you would like to go on a waiting list or would like a group in your area.

CHAMPS Martial Arts as Therapy Life Skills Program

The MAT program is a physically active therapeutic program that combines the basics of behaviour management with the principles of traditional martial arts.

When: 8 weeks over Term 1, 4.30-5.30pm
Commencing Thursday 6th February
No cost to attend.

Where: The Avenue Uniting church

46 Blackburn Rd Blackburn

Contact **Bronwyn Sanders 0408 291 580**
or email

bronwyn.sanders@easternhealth.org.au
for further information and see below for link to referral form.

If you would like a group to run in your area please contact Bronwyn to discuss.

Kids Club: Croydon

Peer Support group for 8-12yr old children and their families who have been referred to or attended a CHAMPS program. Meets monthly on a Monday from 4.30-7pm at EV's, Mt Dandenong Road in Croydon and at other locations.

Upcoming dates:

March 2nd

April 6th

May 4th

The group is a partnership of **Eastern Health** and **EACH** and proudly funded by **Croydon & Montrose Rotary**

Contact: Warren at EACH
9871 2633

Group for Parents

Parent-Child Mother Goose Program

Enjoy an hour of rhymes, songs and stories with your child 0-5. Learn new ways to cope and meet other parents.

When: Thursday mornings
10.30-12.00 midday during school term

Where: Box Hill Library
meeting room 1 (upstairs)
1040 Whitehorse Rd Box Hill

Please contact:
Georgia Cripps
0432 850 076
Jane Powley-Deo
0409 510 363



Space4us

Space4Us is a program for young people 13-18 years who have a parent or family member with a mental illness. It is about having fun, learning about mental illness, learning new coping skills and having a safe place to talk about how mental illness affects you and your family. The next Space 4 Us program in the Yarra Ranges will be run by Inspiro.

Please contact Inspiro on 97388801 for details

There will be a program running in Boorondara for students attending school at Balwyn, Kew, Camberwell or Swinburne High

Please contact Helen Carter Helen on 0419 658 694 or email helen.carter2@svha.org.au for more details.

Peaceful Kids

is a mindfulness and positive psychology based program to help lessen anxiety and stress in children in grade 5 & 6. It will operate in the April school holidays in Nunawading. Please contact **Melanie Fearn on 88783806** for more information.

Eastern Health program information and referral forms can be found at:

<https://www.easternhealth.org.au/a-z-services-directory/children-families-better-understand-mental-illness-champs>

**** Please note Link to 2020 All programs referral form is on the right side of page.**



Programs for Families where a Parent has a Mental Illness in the Eastern Region. Term 1 2020

Programs for Families/ Carers	<p><u>Ferntree Gully Family Support Group</u></p> <p>A support group for carers and friends of people with mental health issues. Mutual support, self-help and education provided through speakers and a library of books, cassettes and videos.</p> <p>Meetings held third Wednesday of the month 7.45pm</p> <p>Enquiries: Barb Edwards 9726 5694</p>		<p><u>COPES</u></p> <p>Carers Offering Peers Early Support Program provides peer support to carers/family whose relatives are receiving mental health services from Eastern Health Adult Mental Health Services in the outer east or from EACH.</p> <p>COPES Ringwood is staffed on a part time basis only. Referrals and contact can be made by calling COPES Worker, David Neef on 99551177</p>
	<p><u>Outer East BPD Carer Support Group:</u></p> <p>Meetings held every third Monday of the Month</p> <p>VENUE: Coonara Community House - 22 Willow Road, Upper Ferntree Gully</p> <p>For referral details & to speak to the group facilitator; please phone EACH Boronia office on 03 8720 2500.</p>		<p>EACH Family Relationship Support for Carers is an ongoing State-Wide Carer Support Program, supporting carers across mental health, ID and ASD and offers limited counselling support and carer education and information support. People can self-refer. Contact: 1300 303 346 or email: frsc@each.com.au to discuss eligibility</p> <p>EACH Mental Health Respite Care Program (MHR:CS, Eastern region including, Monash, Manningham and Yarra Ranges) can assist carers to transition loved one to NDIS. As well as a range of short term, flexible and individualised funded carer supports. This program is funded until May 2020</p> <p>Contact: 8805 2207</p> <p>For other carer supports call the MIND carer helpline on 1300 550 265 for advice.</p>
Programs for Parents	<p><u>Supported Playgroups</u></p> <p>PANDA has a Guide to Postnatal Depression Support Groups in various regions. There can be a range of activities that take place in the groups depending on the purpose of the group, the resources available and the skills of the facilitators.</p> <p>Contact PANDA on 1300 726 306 Mon-Fri. 10-5pm or visit the website</p> <p>http://www.panda.org.au</p>	<p><u>Anglicare Parentzone</u></p> <p>Parentzone Eastern offers free services to parents and carers throughout the Eastern Suburbs of Melbourne. Services offered include a variety of free parenting programs as well as a quarterly newsletter containing information about groups and events. Parentzone also provide a free resource library of books, videos and articles about parenting from their Lilydale site. To access our newsletters visit:</p> <p>www.anglicarevic.org.au/newsletters</p> <p>Email:</p> <p>parentzone.errd@anglicarevic.org.au</p> <p>Phone: 9735 4188</p>	<p><u>Parenting Support</u></p> <p>Bringing Up Great Kids (BUGK) is a Parenting Program using mindfulness and reflection to support parents as they review and enhance their patterns of communication with their children. The program is for parents/carers of children aged between 0-10. Contact EACH on 03 9871 1802 for more details</p> <p>For information about other parenting services and supports contact Child FIRST</p> <ul style="list-style-type: none">For local government areas of Maroondah, Knox & Yarra ranges Call 1300 369 146For local government areas of Whitehorse, Boroondara, Manningham & Monash Call 1300 762 125





The FaPMI program is supported by the Victorian Government

EMR Families where a parent has a mental illness program brochure developed by Eastern Health FaPMI program. For additions and corrections contact Bronwyn on 9871 3988

