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

*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.* ***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.***

Term 1 CHAMPS Programs

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.

 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:

Jul 1 2019

August 5th

September 2nd

The group is a partnership of Eastern Health and Anglicare and funded by Croydon & Montrose Rotary, and the Brethren Lodge of Concentration No. 753

Contact: Warren Turner at EACH

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 will be run by Inspiro.

When: Dates and venue TBC.

Please contact Inspiro on 97388801

**Programs for families and carers**

EACH Carer’s Group

A fortnightly support group for carers of people with a mental illness living in the local council areas of Knox, Maroondah & Yarra Ranges.

Meets fortnightly on Wednesdays 1-3pm at Lifeworks in Ringwood.

Contact Bronte Schofield on 8720 2500 for further information.

Outer East BPD Carer Support Group:

Meetings held every third Monday of the Month

VENUE: Coonara Community House - 22 Willow Road, Upper Ferntree Gully

For referral details & to speak to the group facilitator; please phone EACH Boronia office on 03 8720 2500.

Grand Parenting Group is a facilitated, open group, held monthly for grandparents. It’s an opportunity for grandparents to get together, connect with other members of the community, and share grand parenting stories and ideas in an open, caring and respectful environment.

 Call EACH on 03 9871 1802 for further details

COPES

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.

COPES Ringwood is staffed on a part time basis only. Referrals and contact can be made by calling COPES Worker, David Neef on 99551177

EACH Family Relationship Care Service support (FRSC & state-wide) is an ongoing State-Wide Carer Support Program, supporting carers across mental health, ID and ASD and offers funded counselling support and carer education and information support. There are no wait lists and this support is ongoing and not impacted by NDIS in any way

Contact: Lakshmi Prasad on 1300 303 346

EACH Mental Health Respite Care Program (MHR:CS, Supporting carers living in the Eastern Region-City Boroondara, Monash, Manningham, City of Whitehorse, Maroondah & Yarra Ranges, who care for someone without NDIS. Support includes assistance with transitioning loved one to NDIS. As well as a range of short term, flexible & individualised carers supports. This program has brokerage support.

Contact: : Robyn Aitken on 9259 4147

For other carer supports call the MIND carer helpline on 1300 550 265 for advice.

Supported Playgroups

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.

Contact PANDA on 1300 726 306 Mon- Fri. 10-5pm or visit the website

 <http://www.panda.org.au/>

Anglicare Parentzone

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: www.anglicarevic.org.au/newsletters

Email: parentzone.errd@anglicarevic.org.au

Phone: 9735 4188

Parenting Support

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

For information about other parenting services and supports contact

Child FIRST

For local government areas of Maroondah, Knox & Yarra ranges

Call 1300 369 146

For local government areas of Whitehorse, Boroondara, Manningham & Monash

Call 1300 762 125