### 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 and live in the Eastern Region 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 2 CHAMPS Programs

**CHAMPS Peer Support Program**
Will be held in the Term 1 school holidays -
**When:** Wednesday 10th April – Friday 12th April. 10am-4pm each day
**Where:** Urban Life 143 Maroondah Hwy, Ringwood
Contact Bronwyn Sanders for details.

**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 art.
**When:** 8 weeks over Term 2, 4.30-5.30pm Commencing Wednesday 1st May
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:**
April 1 2019
May 6 2019
June 3 2019
Jul 1 2019
**The group is a partnership of Eastern Health and Anglicare and funded by Croydon Rotary, and the Brethren Lodge of Concentration No. 753**
**Contact:** Rebecca at Anglicare 9735 4188

**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
**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

### Eastern Health program information and referral forms

[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)

**Please note Link to 2019 All programs referral form is on the right side of page.**

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**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:** June/July school holidays – dates and venue TBC

**Young Leader Program**
The Satellite Foundation Young Leader Program offers opportunities for young people aged 18-25 (approx) who have a parent or significant/primary carer/ adult with a mental illness. Participants are encouraged to develop their self-awareness, confidence and leadership skills under the mentorship of staff, including lived-experience peer facilitators and other program facilitators with specialist skills.

**When:** March 16th/23rd, April 6th/27th, May 4th/25th, June 15th
Camp: July 3-5th

**Where:** Brunswick Business Incubator Melbourne

**Contact:** sylvie@satellitefoundation.org.au
rose@satellitefoundation.org.au

**CHAMPS Facilitator Training**
Two day training for staff and peer facilitators to be held at Bouverie centre – 27 and 28 May 2019. Cost: $95 pp includes manual and all catering.
Details for registration in attached flyer.

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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.
Programs for Families where a Parent has a Mental Illness in the Eastern Region. Term 2 2019

<table>
<thead>
<tr>
<th>Programs for Families/Carers</th>
<th>EACH Carer’s Group</th>
<th>COPES Carers Offering Peers Early Support Program</th>
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<tbody>
<tr>
<td>A fortnightly support group for carers of people with a mental illness living in the local council areas of Knox, Maroondah &amp; Yarra Ranges. Meets fortnightly on Wednesdays 1-3pm at Lifeworks in Ringwood. Contact Bronte Schofield on 87202500 for further information. For other carer supports call the MIND carer helpline on 1300 550 265 for advice.</td>
<td></td>
<td>Carers offering 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</td>
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<tr>
<th>Programs for Parents</th>
<th>Supported Playgroups</th>
<th>Anglicare Parentzone</th>
<th>Parenting Support</th>
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</thead>
<tbody>
<tr>
<td>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 <a href="http://www.panda.org.au/">http://www.panda.org.au/</a></td>
<td>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: <a href="http://www.anglicarevic.org.au/newsletters">www.anglicarevic.org.au/newsletters</a> Email: <a href="mailto:parentzone.errd@anglicarevic.org.au">parentzone.errd@anglicarevic.org.au</a> Phone: 9735 4188</td>
<td>For information about services and supports contact Child FIRST For local government areas of Maroondah, Knox &amp; Yarra ranges Call 1300 369 146 For local government areas of Whitehorse, Boroondara, Manningham &amp; Monash Call 1300 762 125</td>
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</tbody>
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The FaPPI program is supported by the Victorian Government
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