

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 3 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 3. 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 3, 4.00-5.00pm
Commencing Tuesday 23rd July
No cost to attend.

Where: Croydon Connections

185 Mt Dandenong Rd

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:

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: 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 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

easternhealth

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

Space 4 Us Facilitator Training

Two day training for staff and peer facilitators to be held at Bouverie centre – Friday August 16th and Monday 19th August
Cost: \$95 pp includes manual and all catering.

This largely experiential training will provide:

- An overview of the programs core principles
- A detailed facilitator training guide
- Explanation and demonstration of how to plan and deliver a Space4Us program
- An opportunity to hear from a Peer Leader
- Support with issues around program implementation
- The opportunity to form partnerships
- Evaluation Information
- Space4Us Resources
- Practical application of activities

TO REGISTER <https://tinyurl.com/space4us>

For more info contact **Cass Williams** –

c.williams@latrobe.edu.au

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 2019 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 3 2019

Programs for Families/ Carers	<p><u>EACH Carer's Group</u> 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.</p> <p><u>Outer East BPD Carer Support Group:</u> 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.</p> <p><u>Grand Parenting Group</u> 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</p>	<p><u>COPES</u> 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</p> <p>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 not wait lists and this support is ongoing and not impacted by NDIS in any way Contact: 1300 303 346</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 carers supports Contact: 9259 4147</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> 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 http://www.panda.org.au/</p>	<p><u>Anglicare Parentzone</u> 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</p>	<p><u>Parenting Support</u> 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> <p>For local government areas of Maroondah, Knox & Yarra ranges Call 1300 369 146</p> <p>For local government areas of Whitehorse, Boroondara, Manningham & Monash Call 1300 762 125</p>

