

CHAMPS MAT LIFE SKILLS PROGRAM

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CHAMPS MAT Life Skills program is for children 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**



The program may be adapted slightly to meet COVID safe guidelines.

Where?	Ringwood – venue TBC
When?	8 weeks over Term 1 2024 Starts Wednesday 7th February 4.00 -5.00pm Wednesdays No cost – but you must register to attend

If you would like to find out more please contact Michelle Hegarty: Eastern Health FaPMI (Families and Parents where there is a Mental Illness) Coordinator on 0481913607

Or complete an Eastern Health FaPMI program referral form available at

<http://www.easternhealth.org.au/fapmi>

