

Hang out at Space 4 Us!

This is a monthly gathering for you to connect with other young people who have a family member with mental health concerns.

Meet new people, hear from others in similar situations, and learn new ways of looking after yourself.

Join us for games, group activities, outings, food, online catch ups and more!



IT'S A MONTHLY GATHERING – 4U!

2024 Groups - New Activities Locations across the Eastern Suburbs



For more information contact
FaPMI Co-ordinator
Michelle on M: 0481 913 607
Or email:
fapmi@easternhealth.org.au
This monthly activity is fully supervised and open to young people aged 12 - 18 years in the Eastern suburbs of Melbourne. Afternoon sessions run 4-6pm. School holidays dates & times vary.

PLEASE REGISTER TO ATTEND

2024 Dates

**Mon 15 & 22 January – Holiday Program
@ Box Hill

19 February 4-6pm

18 March 4-6pm

15 April 4-6pm

20 May 4-6pm

17 June 4-6pm

15 July 4-6pm

19 August 4-6pm

16 September 4-6pm

21 October 4-6pm

18 November 4-6pm

16 December 4-6pm

With thanks to partner organisations