



KIDS CLUB - 2024

Kids Club is a monthly, ongoing peer support group for children aged 8-12 years (grade 3-6) and their parents/carers in families where a parent has a mental illness.

The program consists of monthly recreational activities, held at either a local community center or an excursion activity. The session will end with a free dinner which children and parents/carers can share together.

Where:

Locations vary around the Knox, Maroondah and Yarra Ranges region.

Cost:

Free of charge, but must register. Registration for the group is by referral.

Please contact:

Michelle Hegarty on 0481 913 607 or michelle.hegarty@easternhealth.org.au
or

Vicky Desouza at vdesouza@wellways.org

When:

4th Wednesday, 4pm - 6:30pm

- 28th February
 - Park games & BBQ, Mitcham
- 27th March
 - Easter craft & egg hunt, Croydon
- 24th April
 - Rock climbing, Nunawading
- 22nd May
 - Pizza night, TBC
- 26th June
 - Circus tricks/Mindful movement, TBC
- 24th July
 - Tree planting & picnic, TBC
- 28th August
 - Music workshop, TBC
- 25th September
 - Holiday activity, TBC
- 23rd October
 - Cooking class, TBC
- 27th November
 - End of year BBQ, Ferntree Gully

