

# Champs:

A peer support program  
for children aged 8-12



The Champs program offers peer support to **children** who have a parent/family member with a **mental illness**.

**Champs** is for primary school age children, including children who do not live with their parents. Parents or other primary carers are invited to attend the parents **peer support** group which will be held at the same time.

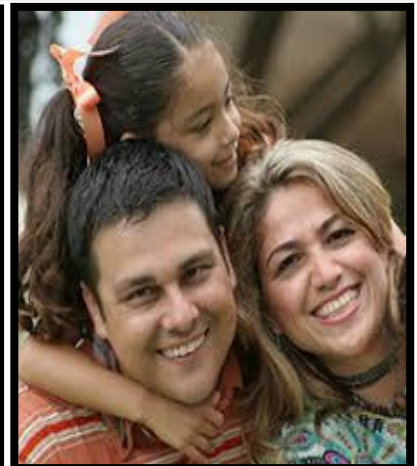
**"I liked everything....I learned I am not alone and there's other people like me"**

(Child 11yrs)

This is a **FREE** program

**WHEN:** Term 3 Wednesdays 4-5.30pm  
Starting 30 July 2025 for 8 weeks

**WHERE:** Orana House Neighbourhood Centre  
62 Coleman Road, Wantirna South



The Champs program is an initiative supported by the FaPMI (Families where a Parent has a mental illness) program. The group will be co-facilitated by staff from Eastern Health, Wellways and people with Lived Experience.

To register or make a referral:

Contact Michelle Hegarty

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FOR MORE INFO ON THE FaPMI PROGRAM PLEASE REFER TO [WWW.BOUVERIE.ORG.AU](http://WWW.BOUVERIE.ORG.AU)