



CHAMPS – Free after school group

CHAMPS is an 8 week program for children aged 8-12 who have a parent/s who experiences a mental health challenge

Date Thursdays after school from Oct 19 – December 07, 2023 (7 weeks)

Time 4 – 5.30pm (doors open at 3.45pm)

Location South Melbourne Community Centre

1 Ferrars Pl, South Melbourne VIC 3205

Facilitated by workers from Uniting and Better Health Network in partnership with Alfred FaPMI (Families where a Parent has a Mental Illness), the program aims to:

- **Have fun with games, activities and snacks**
- Give children the opportunity to meet others in similar circumstances
- Provide information and support for children on mental health and its impact on families
- Give parents the chance to connect with each other and attend their own information session

Get in touch

For more information, contact:

Kath Woolhouse, BHN:
0414 678 541

Tess Clifford, Uniting:
0401 621 277

Make a referral

Scan the QR code:

