

# Your Space

## for kids and youth

Free, therapeutic support groups for kids and young people (8-16 years old) with a parent or sibling with mental illness.

“Your Space” offers a safe space for young people to receive psychological support in living with a parent or sibling with mental illness.

The group will offer -

- Creative self-expression
- Coping strategies
- Mental health education
- Connection with other young people who have similar experiences

4families and Amity Health offer support in order to lessen the impact and reduce the risk of kids developing mental health issues later in life. The group will be based on COPMI info and resources.

### Group 1: Term 4 2017 Teens 12-16yrs

Over 8 consecutive weeks

Thursdays, 3.30-5.30pm

Afternoon tea provided

Expressions of interest close 29 Sept

### Group 2: Christmas Holidays 8-11yrs

3 day intensive workshop

Mon, Tues & Wed 9am to 3pm

18, 19 & 20 Dec 2017

Morning & afternoon tea, & lunch provided

Expressions of interest close 1 Dec

Limited to 8 participants per group.

For more information about the groups and to register your interest, please contact: Danita Walsh at Amity Health on 9842 2797.

