

# Your Space

## for kids and youth

Free, therapeutic support groups for kids and young people (8-11 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.

### Easter Holidays 2018 8-11yrs

3 day intensive workshop

Mon-Wed 16th- 18th April

9am-3pm

Catering provided

Limited to 8 participants per group.

For more information about the groups and to register your interest, please contact: Cat McGlynn on 6164 0530 or Danita Walsh on 9842 2797.

