



# 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 12 – December 7, 2023 (8 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:

