

Hang out at Space 4 Us!

This is a monthly gathering for you to connect with other young people who have a family member with mental health concerns.

Meet new people, hear from others in similar situations, and learn new ways of looking after yourself.

Join us for games, group activities, outings, food, online catch ups and more!



IT'S A MONTHLY GATHERING – 4U!

Third Monday of each Month 4.30-6.30pm

EV's Youth Centre

212 Mt. Dandenong Road, Croydon

Parking and public transport nearby

FREE ACTIVITIES

Come along, hang out, chill out... that's totally fine!

Meet at EV's Youth Centre, Croydon from 4pm - there'll be something different each month - get creative, have fun, learn new stuff, outings and activities, online games...it's your call.

Snacks and light dinner supplied - please let us know if you have any dietary requirements.



For more information contact FaPMI Co-ordinator Michelle on M: 0481 913 607

Or email: fapmi@easternhealth.org.au

This monthly activity is fully supervised and open to young people aged 12 - 18 years living in the Eastern suburbs of Melbourne

Dates for 2021

17 May

21 June

5 July - School Holiday Outing

19 July

16 August

20 September - School Holiday Outing

18 October

15 November

December End of Year Celebration