

Space4us

FREE school holiday program for young people age 13–16 years who have a family member with a mental illness.

Participants meet with other young people in similar situations to share experiences and learn new ways of looking after themselves:

- Understand mental illness
- Build self care and support strategies
- Deal with stigma
- Improve relationships

Dates: 30th Sep, 1st, 2nd and 3rd Oct

Time: 10.30am - 3.00pm

Where: Inspiro Lilydale

Food provided.

For more information or to make a referral, please contact our Youth counsellors Hayley, Vanessa or Sabatinie at Inspiro on **9738 8801**.



The Victorian FaPMI Program
Families where a Parent has a Mental Illness



Phone 9738 8801

Lilydale
17 Clarke Street
Lilydale Vic 3140

inspiro.org.au

Belgrave
1616-1624 Burwood Hwy
Belgrave Vic 3160

Healesville