

# FAMILIES, PARENTING AND MENTAL HEALTH

Summer  
Newsletter 2025

Summer is on the horizon!

Read about some of the cool things happening in our area and online.

If you would like information about parenting and mental health supports, please reach out to Peninsula Health Families, Parenting and Mental Health (FaPMI) team [fapmi@phcn.vic.gov.au](mailto:fapmi@phcn.vic.gov.au)

## **Feathers, Fur and Scales (Online)**

January 14 2026, 10am-12  
(ages 6-12years)

## **Feathers, Fur and Scales (Online)**

January 14 2026, 1pm-3pm  
(ages 13-17years)

## **Ice Skating and Interactive games**

Wednesday 21 January 2026  
(ages 16-25years)  
Metro city - Docklands

## **Big Dreamers**

(ages 13-17years)  
Monthly workshops

**LITTLE DREAMERS**

Little Dreamers support young people (4-25 years) who provide care for a family member with a disability, mental ill health, addiction or frail age.

[www.littledreamers.org.au](http://www.littledreamers.org.au)

## **Ready Steady Balance (Online)**

12 Jan 2026 10am-12pm  
Ages 8-11 years

## **Do you see what I see? (Online)**

13 Jan 2026 1pm-3pm  
Aged 12-14 years

## **Common Threads (in person Ivanhoe)**

Create & Connect  
14 Jan 2026  
Ages 14-17 years

## **Satellite Connect Young Adults**

6 week online or 4 weeks in person  
Ages 18-25 years)

## **Satellite Camp - Expressions of interest**

*Connects and empowers young people who have a family member living with mental health challenges.*

*Ages 8-25Years*



[fapmi@phcn.vic.gov.au](mailto:fapmi@phcn.vic.gov.au)  
0439 336 808

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*Kookaburra Kids provides evidence based, age appropriate, prevention and early intervention mental health education programs to young people aged 8-18 years who are living in a family impacted by mental illness.*

Online Connect, Activity Days, Camps and Chat Groups

For more details visit

[www.kookaburrakids.org.au](http://www.kookaburrakids.org.au)



*Kids Helpline is Australia's only free (even from a mobile), confidential 24/7 online and phone counselling service for young people aged 5 to 25.*

*They also have a range of resources for young people and parents available on their [website](https://kidshelpline.com.au/) <https://kidshelpline.com.au/>*



## Frankston City Locations

Frankston Library - 60 Playne Street, Frankston

Carrum Downs - 203 Lyrebird Drive Carrum Downs

Seaford Library - 1/6R Broughton Street Seaford



For up to date programs and school holiday activities [click here or visit](https://library.frankston.vic.gov.au/Home)

<https://library.frankston.vic.gov.au/Home>



Get involved in the [Big Summer Read!](#)

Some amazing PRIZES are available!  
Register for the Big Summer Read with your local Library

## Mornington Peninsula Library locations

Mornington Library - 8 Vancouver Street

Rosebud Library - McDowell Street

Hastings Library - 7 High Street

Somerville Library - 1085 Frankston-Flinders Road

Sorrento Library - 860 - 868 Melbourne Rd

For up to date programs and school holiday activities [click here or visit](https://library.mornpen.vic.gov.au/Whats-On)

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## Youth Services

Frankston Youth Service offers a range of services and supports for young people aged 12 to 24 years  
See what is on offer here



Mornington Peninsula Youth Services Supports and programs for 12-25 years. Keep up to date on their website [www.mpys.com.au](http://www.mpys.com.au)

[fapmi@phcn.vic.gov.au](mailto:fapmi@phcn.vic.gov.au)  
0439 336 808



## CARER SUPPORTS

**Do you know someone under 25 years of age, do they help support someone in their household who lives with a disability, mental illness, chronic illness or age related conditions?**

### Alfred Health Carers Service



Do you know someone under 25 years of age, do they help support someone in their household who lives with a disability, mental illness, chronic illness or age related conditions?

Young carers can have all kinds of different caring responsibilities and many young carers don't see themselves as a 'carer.' Supports and services are available, contact Alfred Health Carer Services to explore more details on their website (counselling, connection, events and workshops) 1800 422 737 [www.alfredhealthcarers.org.au/are-you-a-young-carer](http://www.alfredhealthcarers.org.au/are-you-a-young-carer)



### Young Carers Network

The Young Carers Network (YCN) is a nationally coordinated resource to raise young carer awareness, provide information, and direct young carers to appropriate pathways for support.

[www.youngcarersnetwork.com.au](http://www.youngcarersnetwork.com.au)

### Carer Gateway



Carer Gateway is for anyone who is an unpaid carer. Read more [about carers](#). Call Carer Gateway to speak to your local provider about supports available in your area 1800 422 737

[www.carergateway.gov.au](http://www.carergateway.gov.au)

### Walk in Together Therapy

Bouverie's Walk-in Together (WIT) family therapy sessions provide walk-in sessions online via Zoom and without the waiting list. Ideal for families who want to be seen immediately (on the same day) and on a 'single family therapy session' basis. The service is provided by The Bouverie Centre, a statewide specialist family therapy centre.

[www.latrobe.edu.au/research/centres/health/bouverie](http://www.latrobe.edu.au/research/centres/health/bouverie)