



Parenting with Mental Health (Pakenham)

A six-session parenting program for parents or carers of children aged 0-18 years.

The group promotes respectful, caring, and nurturing relationships between parents and their children, whilst supporting parents experiencing mental health difficulties.

Our Parenting and Mental Health program is facilitated in partnership with FaPMI (Families where a Parent has a Mental Illness) and input from a Consumer Consultant from the Mental Health program at Monash Health.

The program aims to:

- Provide a supportive learning environment for parents to develop new skills
- Learn more about brain development and how this influences a child's thoughts, feelings, and behaviours.
- Provide information, support and ideas to help parents remain calm when challenging behaviours present
- Explore ways of increasing self-care and wellbeing.

Cost
Free

Date
Every Tuesday between
22nd October – 3rd December
(no group 5th Nov)

Time
10am until 12:30pm

Venue
Outlook Community Centre
24 Toomuc Valley Rd,
Pakenham VIC 3810

Light refreshments will be served

Bookings Essential
Please complete the following
online registration form:



<https://forms.office.com/r/ywePu18qpF>

General enquiries contact:
03 5990 8400 or
groupwork.south@vt.uniting.org

unitingvictas.org.au



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

MonashHealth

Uniting