

# Space4Us

## Holiday Program

**Space4Us** is a peer support group for young people between the ages of 12 and 17 years who have a parent, older sibling or other adult family member who is affected by a mental illness.

**Fun activities include  
bounce, movies, laser tag  
and bowling!**

This is a great opportunity to meet other teenagers who have similar experiences, to learn more about mental health and illness, to explore ways of coping, and to have some time out and fun!

Topics will include:

- Understanding different mental illnesses
- Relationships with family and friends
- Communication and problem solving
- Responding to stigma and different ways to take care of ourselves

### More information:

This is a free program inclusive of all activities, snacks, meals and laughs. Enquire by phone about how we can help with transport as well. To enquire about the program please contact:

**Caroline**

0466 408 757 or [caroline.varney@boroondara.vic.gov.au](mailto:caroline.varney@boroondara.vic.gov.au)

**Helen**

0419 658 694 or [helen.carter2@svha.org.au](mailto:helen.carter2@svha.org.au)

**FREE**

**3 day program**

**23, 24, 25**

**September 2019**

**9.30AM TO 3.30PM**

at 360 Boroondara Youth  
Resource Centre,  
Level 1, 360 Burwood Road,  
Hawthorn