

# SPACE4US ONLINE

Space4Us is a peer support program for young people between the ages of 12 -16 years who have a parent, older sibling or other adult family member who is affected by a mental illness.

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

When: 8<sup>th</sup> October 2020 – 12<sup>th</sup> November 2020

Time: 4:30pm – 6:00pm

Where: Zoom online

**Contact:**

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**6 Week  
Program**

