

Parenting and Mental Health Workshops

Uniting, in partnership with Families Where a Parent Has a Mental Illness (Monash Health), is pleased to offer a **three-session Parenting and Mental Health Workshop Series** for parents who are navigating their own mental health challenges.

Together, we will explore:

- Hands-on, realistic self-care strategies that fit into family life
- Personal wellness and recovery planning
- Helpful local services, supports, and activities for the whole family

Enjoy a provided morning tea, along with plenty of take-home resources to support your parenting journey.

Enquiries:
Ph: 9704 8377 **Email:** groupwork.south@vt.uniting.org

Important details: Open to parents and carers (50%+ custody) in Casey, Cardinia, and Greater Dandenong. This series focuses solely on personal wellbeing (not parenting strategies or clinical care). To keep this a dedicated space for you to recharge, children are unable to attend.

COST
Free (Registration essential)

DATES
Thursday 22 October
Thursday 29 October
Thursday 5 November

To get the most out of the program and build connections with the group, participants are asked to attend all three sessions.

TIME
10:00 am – 12:30 pm

VENUE
Outlook Community Centre
24 Toomuc Valley Road, Pakenham VIC

REGISTER HERE

https://tinyurl.com/2bz5xdj8

VICTORIA State Government
the bouverie centre FAMILY INSTITUTE
The Victorian FaPMI Program
Families where a Parent has a Mental Illness

MonashHealth

Uniting