



satellite CONNECT

emerging
minds®
Advancing the mental health of
infants, children and adolescents

satellite
FOUNDATION
Connecting children, young people and their
families where a parent has a mental illness

A **FREE** program for young people 17–23yrs (approx) who have a parent/carer with a mental illness.

Satellite Connect provides opportunities for young people to be heard and the power of their experiences to be shared through a supported and positive platform.

Through our 6-week program, participants will:

- **meet, interact and collaborate** with others who may share similar experiences
- learn to **empower and support others** to collaborate, share and connect with one another
- explore and **practice professional and personal development and leadership skills** such as confidence building, public speaking, facilitation, mentoring and tools for self-care and self-compassion
- access an extensive range of **resources** that support the learnings
- discover **ongoing opportunities** to strengthen skills and connections

On the completion of the six-week program all participants are invited to attend a weekend retreat. Due to social distancing restrictions dates TBC.

PROGRAM DATES 2020

MONDAY EVENINGS 6.30pm - 8.30pm

Program One:

27th July,
3rd/10th/17th/24th/31st August

Program Two:

21st/28th September,
5th/12th/19th/26th October

Contact us for more information or check out our website satellitefoundation.org.au to download an application form.



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