



Parenting and Mental Health (Pakenham)

A 7-session program for parents and carers who are managing their own mental health challenges while raising children aged 0–18 years.

This group promotes respectful, caring, and nurturing family relationships while supporting parents who are experiencing mental health difficulties.

Facilitated in partnership with Monash Health (*Families where a Parent has a Mental Illness*) and a Consumer Consultant, this program offers a safe, non-judgmental space to learn, share, and grow.

What You'll Learn:

Understand child development:

Discover how brain development influences your child's thoughts, feelings, and behaviours.

Manage challenging behaviour:

Gain practical tools and strategies to stay calm during tough moments.

Prioritise self-care:

Explore realistic ways to boost your own mental well-being and resilience.

Build new skills:

Develop practical parenting strategies in a supportive, peer-led environment.



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



COST
Free (Registration essential)

DATES
Thursdays (7 sessions)
Oct 22, 29 | Nov 5, 12, 19, 26
Dec 3

TIME
10:00 am – 12:30 pm

VENUE
Outlook Community Centre
24 Toomuc Valley Road,
Pakenham VIC

REGISTER HERE

Scan QR Code



<https://tinyurl.com/2bz5xdj8>

ENQUIRIES
(03) 9704 8377
groupwork.south@vt.uniting.org

Uniting

Please note: Open to parents/carers (50%+ custody) in Casey, Cardinia, and Greater Dandenong. To keep this a dedicated space for parents to connect and focus on themselves, children are unable to attend.