

BCH Parents In Partnership (PIP)

PIP is a group for parents and guardians interested in improving and promoting the wellbeing of young people

PIP offers:

- A supportive space for Parents/Guardians and Carers to discuss common concerns young people experience and highlight relevant education and practical ideas that can assist with improving young people's quality of life.
- A weekly topic with guest speakers (a relevant health professional or someone with lived experience).
- An opportunity for carers/parents to voice any questions, concerns and points of discussion.

Topics for discussions include:

- Youth Mental Health and Wellbeing – with a focus on anxiety and depression.
- School and social disengagement.
- Sleep , nutrition and exercise.
- Safe internet use.

Where: Bellarine Community Health Youth Services site

Address: Peninsular Drive, Drysdale

(between the potato shed and Bellarine Secondary, behind bus shelter number 5)

No cost/free

•Light refreshments will be available•

*For more details and to register your interest
please contact:*

Laura (Youth Engagement Worker)

PH: 5253 0400

PIP is facilitated by Bellarine Community Health Youth Services in partnership with gen U.

