



MEDIA RELEASE

6 February 2020

Healthy headspace for young families

A free local mental health forum for young families will equip City of Melton parents with the tools and resources they need to support positive mental health at home.

Melton City Council will bring the Minds Matter forum to Fraser Rise on Thursday February 27.

This year, the program is aimed at families with young children and those starting their parenting journey.

City of Melton Mayor Cr Lara Carli said Minds Matter would be a valuable opportunity for parents to learn about promoting positive mental health, and the support and services available to them.

“We welcome 52 babies and 52 families to the City of Melton every week and we want to ensure that all local families have the resources they need for positive mental health,” Cr Carli said.

“The early years of parenthood are full of big changes, joys and challenges.

“Being prepared with tools, strategies, and knowledge around mental health is so important and is why I raised this initiative with Council.

“Minds Matter is a wonderful chance for young families to gain insights, practical tips and information direct from mental health experts.”

The forum will feature presentations by The Motherhood author Jamila Rizvi, expert insights on children’s development and parents’ wellbeing, an expo of local mental health support services and more. Parents are welcome to bring their babies into the forum and can book their children aged 2 – 8 into supervised activities.

To find out more and book your place, visit melton.vic.gov.au/mindsmatter



MEDIA RELEASE

MINDS MATTER

Featuring:

- Jamila Rizvi, author of *The Motherhood*, presenter, and mum speaking about her experience becoming a parent
- The Man Box, looking at men's mental health in parenthood
- Discussion about how parental mental health can influence the development of children
- Tips to promote positive mental wellbeing for parents
- Information from mental health experts
- Expo showcasing local mental health and parenting support services

Date: Thursday 27 February

Expo: 5pm with light supper served; **Forum:** 6pm sharp

Where: Fraser Rise Community Centre, 46 City Vista Court, Fraser Rise

Family friendly event: Babies and children are welcome to join parents and carers.

Sports activities will be available for children aged 2 – 8 (bookings essential via registration) and all families who book will receive a free children's storybook

Cost: FREE

Bookings essential: melton.vic.gov.au/mindsmatter

ENDS

Melton City Council media enquiries (not for publication): Kylie Kitchen – Media and Communications Officer on (03) 9747 7132.