

satellite FOUNDATION

*Creativity and connection for
mental health and wellbeing*



Satellite Foundation is a not-for-profit that connects and empowers children and young people who have a family member living with mental health challenges.

This may also include young people in families experiencing challenges with substance use, family conflict or violence, complex trauma, or other adverse life circumstances.

satellitefoundation.org.au

Satellite programs

SATELLITE CONNECT - A safe space for young people to share their stories and lived experiences in a supportive and positive environment. They'll meet other young people who have a family member living with mental health challenges, and get to chat, collaborate, and create lasting connections.

SATELLITE CAMPS - Three-day overnight camps cater for children and young people ages 9 -15 years approx. with a mix of outdoor and indoor activities that create a fun, safe environment for building skills and confidence, while making great peer connections.

AT HOME WITH SATELLITE - a fun, creative program of activities and workshops for ages 8-14 years approx. Participants are posted an activity-based self-care packs then meet in an online workshop to get creative, meet new friends and unleash conversations about our life experiences.

CREATE AND CONNECT WORKSHOPS - arts-based, one-day workshops for young people ages 8-11, 12-14, and 14-17 years (approx.). Facilitated by young people, Satellite Staff and visiting artists, these engaging workshops are a fun way to share stories and enjoy activities like music, songwriting, photography, sculpture, and graffiti.

Satellite offers a range of in-person and online programs, workshops, activities, and projects for young people to come together, have fun, connect through shared experiences, and tap into their creative selves. Each program targets an age range, however this is approximate, as all children and young people develop at different rates.

Satellite wants young people to feel welcome, like they belong, are understood, and connected to others who may be in a similar situation. Their programs are co-created and facilitated by young people and Satellite staff and they're FREE!

CALL: 1800 973 444

EMAIL: hello@satellitefoundation.org.au