



**Satellite Camps cater for young people with family members who experience mental health challenges, giving them the chance to make lasting memories and friendships.**

The types of camps and the venues are tailored to the children's ages. Camps for children aged 9 – 12 and young people 12 – 15 have a focus on emerging leadership.

Outdoor Adventure activities like hut building, bushwalking and ropes course are a great opportunity for team building and for young people to just hang out together and create strong connections.

Quiet Indoor activities are just as fun! Quiet activities like creative drawing, journaling or tie-dying means there's plenty of time to build friendships and space for sharing personal experiences.

It's a safe environment with plenty of support to talk about what helps in tricky times, healthy coping strategies and staying safe.

**Contact Satellite: 1800 973 444**  
**email: [hello@satellitefoundation.org.au](mailto:hello@satellitefoundation.org.au)**  
**or visit in person:**  
**22 Easey Street Collingwood 3066**

**HOW IT WORKS** - With a focus on making sure our camps are fun, safe, and inclusive spaces, Satellite always have a high leader-to-participant ratio and include peer camp leaders to ensure everyone's safety, strong connections, and provide young people with the support they need.

#### EXPRESSION OF INTEREST

To join in Satellite's programs, workshops and camps, fill out the form below for yourself as a young person interested in our programs, or as a parent/carer on behalf of a young person/s. Referrers are welcome. <https://www.satellitefoundation.org.au/expression-of-interest/>