

# 'AT HOME' WITH SATELLITE

STAY CONNECTED BE CREATIVE KEEP WELL THESE SCHOOL HOLIDAYS!

Creating opportunities for connection, new friendships and community for children and young people where a parent or carer has a mental health challenge.



8-11yrs  
(approx)



## CREATURE COMFORTS

- Receive a box by post full of fantastic craft materials
- Design and make wild creations!
- Meet new friends on Zoom and connect over storytelling and playful adventures
- Have your creature join a super secret superpower team and discover the role they play in changing the world!
- We make postcards of your creature for you to keep as a reminder of how awesome you both are! You can send them out to whoever you choose.

Zoom dates: Two Workshop Series  
Monday 20 & 27 September 10:00 - 11:00am



12-14yrs  
(approx)

## SONGWRITING

- Zoom with the Satellite team and Sierra Verity-Beasley, a Melbourne composer, multi-instrumentalist and educator.
- Share and listen to popular songs to better understand how that helps us all feel heard
- Create music to connect with others and find meaning in our shared experiences
- Explore skills in writing, performing, recording, or creating professional-sounding music online
- Write and compose a group song to be shared with the world!
- Opportunity to add a one-on-one session with Sierra to your experience (places limited)

Zoom dates: Two Workshop Series  
Monday 20 & 27 September 1:30 - 3:00pm