



Military and Emergency
Services Health Australia



NEW CHILDREN AND PARENTS PROGRAM

A pilot group program for children and parents of former military and current or former emergency first responder families living with Post-Traumatic Stress.

Seeking participants who are:

- **A veteran or emergency first responder parent** (Police/Fire/Ambulance) with Post-Traumatic Stress
- **A co-parent** (partner of a veteran or first responder parent with Post-Traumatic Stress)
- **A child aged 9 to 18 years** of a veteran or emergency first responder parent with Post-Traumatic Stress.

What will the study involve?

This initial project will help to establish a children and parent program to support their wellbeing by helping them develop specific coping skills service families need when living with Post-Traumatic Stress. The program will seek feedback from participants on the content and format of the pilot program.

Children's Program

Children will attend weekly group sessions for seven weeks plus a focus group at the end of the last session.

Parent Group Sessions

Parents will attend two group sessions in week's 1 and 2, and one together with their children in week 7, followed by a focus group discussion about the program.

Onsite childcare is provided as needed.

Information Sessions

Thursday 30 June, 6.30pm

Onsite at MESHA or online via Zoom

Thursday 28 July, 6.30pm

Onsite at MESHA or online via Zoom

Program Dates

9-13 years

Mondays at 4.30pm, commencing 8 August
Onsite at MESHA

14-18 years

Thursdays at 4.30pm, commencing 11 August
Onsite at MESHA

Week 1 & 2 Children's group session
followed by parent group sessions

Week 3 - 6 Children's group sessions only

Week 7 Children and parent group session

Parent group sessions available online via Zoom.

Location

Military and Emergency Services Health Australia (MESHA) behind the Jamie Larcombe Centre, Eucalyptus Lane, Car Park 3, Glenside, SA 5083

For any enquiries or to RSVP to the information sessions

Contact Karen May:

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This research is proudly funded by Military and Emergency Services Health Australia, part of The Hospital Research Foundation Group.
Human Research Ethics Committee Approval Number: H-2021-015 (Ethical review approved and accepted by DDVA HREC on 18 May 2021).
Principal Investigator: Assoc Prof Miranda van Hooff. **Student Researcher:** Karen May. **Student's Degree:** Doctorate by Research (PhD)

