

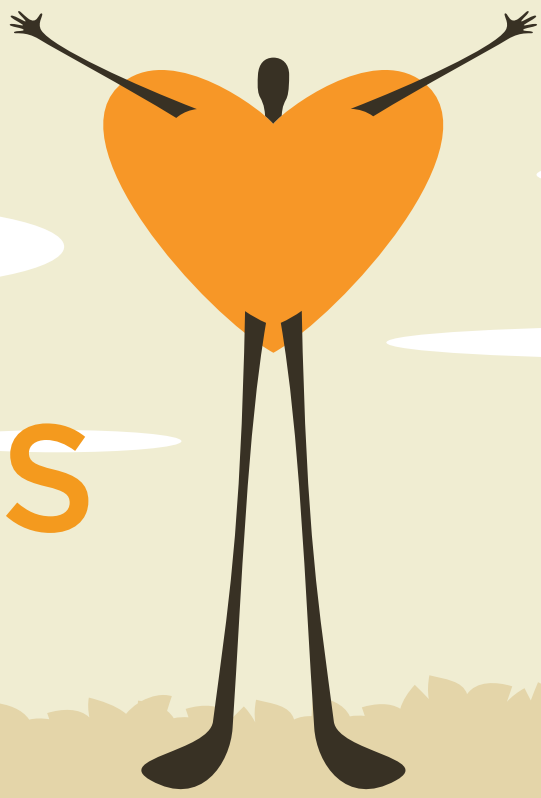
This FREE event is for Kinship Carers



australian childhood trauma group



WHO CARES WINS



REGISTER ONLINE NOW
theactgroup.com.au



CARING FOR SELF IN ORDER TO CARE FOR OTHERS

Caring for someone in need can be truly rewarding. It can also be physically and emotionally exhausting. We understand the challenges kinship carers experience every day and we will provide you with a supportive environment to explore how best to look after your needs.

Each time you provide care, nurture and support to an infant, child or young person in your home you give a little bit of yourself to them. Over time, that adds up to a lot of you! This seminar will explore the ways that you can give something back to yourself.

8th February in Benalla | 10th February in Preston

The objectives of this seminar are:

- To understand the impact that stress and caring for others can have on our mind, body and spirit
- To recognise your needs and ways to meet them
- To understand how to maintain self-awareness while in the presence of others
- To develop a list of effective self-care strategies to maintain your health as a kinship carer
- To understand how therapeutic styles of care can ultimately enhance self-care
- To empower you to recognise and manage your own self-care needs as they arise



Gregory Nicolau is the CEO and lead Consultant Psychologist of Australian Childhood Trauma Group. He has a 30 year career working with the most marginalised and vulnerable children, young people and families in our community and the agencies, organisations and education facilities who support them. He enjoys supporting people to deliver the best outcomes for children and is an experienced trainer, facilitator and case supervisor.



Nick Grainger has a 10-year background of working with children, young people and families within the out of home care sector. Nick has considerable experience working with vulnerable and high-risk children and young people in residential and educational settings and is recognised for his calm and compassionate approach. Nick has a particular interest in the educating and skilling of people.

REGISTRATION
9.30am

SEMINAR
10.00am - 3.00pm

COST
FREE

A limited number of kinship staff placements also available
Lunch provided

RSVP

Via our website (preferred) or complete registration form and post.

Places are limited so please register early to avoid missing out

REGION	DATE	VENUE
Benalla	Wednesday 8 th February	Benalla Saints Sportsclub - Redgum Room. Maude Street, Benalla.
Preston	Friday 10 th February	Preston Library 266 Gower Street, Preston.

You are welcome to attend any event, regardless of where you live.

Complete this form for manual registration and post

Contact person for participants:

Role:

Contact number:

Contact email:

Name & Email Address of Each Participant:

PARTICIPANT NAME	EMAIL ADDRESS	AGENCY	PHONE

- Participants will receive a letter of confirmation via email
- Please advise of any special requirements e.g. dietary

Seminar Enquiries and Registrations to:
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t 9415 6066 w theactgroup.com.au



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