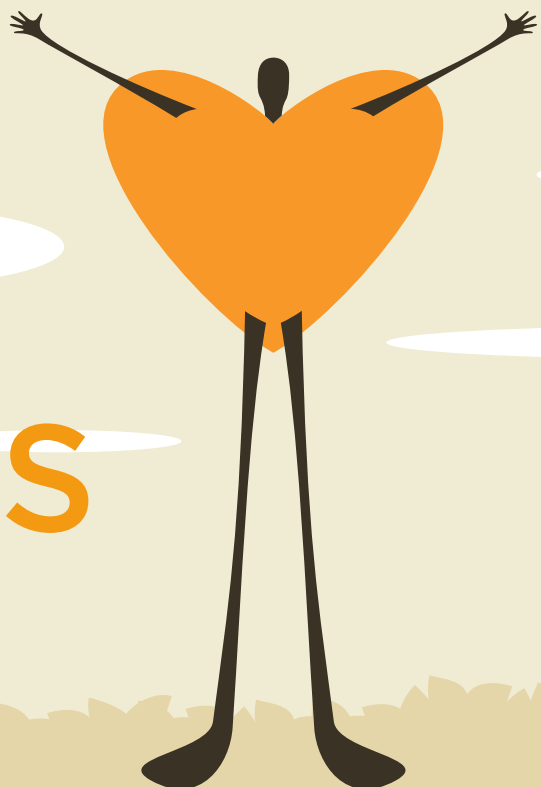


This FREE event is for
Kinship and Foster Carers



australian
childhood
trauma
group



WHO CARES WINS

Click here to
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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.

21 July in Horsham, host agency Goolum Goolum Aboriginal Co-Operative

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.

REGISTRATION
9.30am

COST
FREE

RSVP

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

SEMINAR
10.00am - 3.00pm

A limited number of staff placements also available
Morning tea and lunch provided

Places are limited so please register early to avoid missing out

REGION	DATE	VENUE
Horsham	Friday 21 st July	Goolum Goolum Aboriginal Co-Operative 43 Hamilton St, Horsham VIC

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:

info@theactgroup.com.au PO Box 236, Fitzroy 3065

t 9415 6066 w theactgroup.com.au



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