

This FREE event is for Kinship Carers

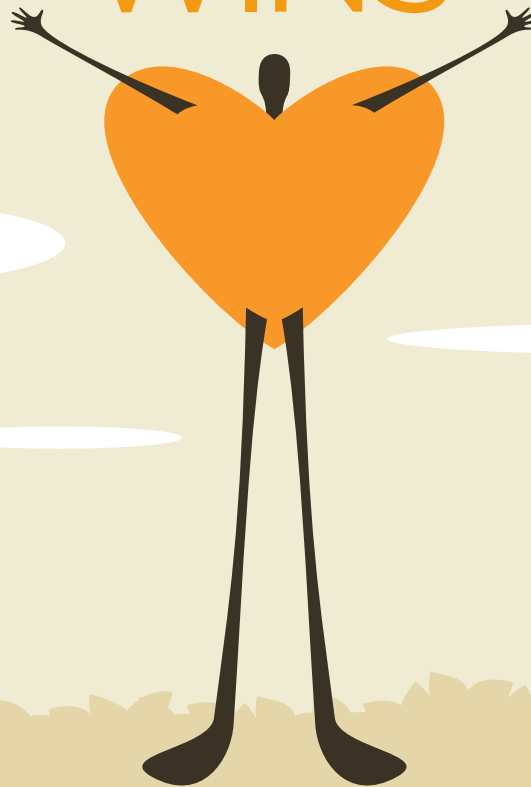
# WHO CARES WINS



australian childhood trauma group



Department of Human Services



## 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.

### 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**  
9.00am

**SEMINAR**  
9.30am - 3.00pm

**COST**  
FREE

A limited number of kinship staff placements also available  
Refreshments, morning tea, lunch & notes provided

**RSVP**

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

**Places are limited so please register early to avoid missing out**

REGION	DATE	VENUE
Melbourne - South & East	28 May 2013	<b>Wesley Mission Victoria</b> Ground Floor Conference Room, 280 Thomas St Dandenong 3175
Loddon Mallee	4 June 2013	<b>Mildura Aboriginal Corporation</b> 120 Madden Ave Mildura 3550
Melbourne - North & West	18 July 2013	<b>Edgar Lynch Training &amp; Meeting Rooms</b> 3 St David Street Fitzroy 3065
Grampians	7 August 2013	<b>Child &amp; Family Services</b> 119 Lydiard Street North Ballarat 3350
Hume	19 September 2013	<b>Rumbalara Aboriginal Co-operative</b> Harmony Centre, 20 Rumbalara Road Mooroopna 3629
Barwon - South Western	16 October 2013	<b>Brophy Family &amp; Youth Services</b> Community Youth Complex, 210 Timor Street Warrnambool 3280
Gippsland	13 November 2013	<b>Berry Street</b> 37 Elgin Street Morwell 3840

Please note that you do not necessarily have to attend the event in your region. You can attend the event which is closest to where you live.

### Complete this form for manual registration and post or fax

Agency:

Program:

Contact Person:

Contact Number:

Email:

Mailing Address:

Name & Email Address of Each Participant:

PARTICIPANT NAME	EMAIL ADDRESS	CARER / WORKER

- 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](mailto:info@theactgroup.com.au) PO Box 236, Fitzroy 3065 t 9415 6066 f 9415 6085 m 0419 853 888 w [theactgroup.com.au](http://theactgroup.com.au)