

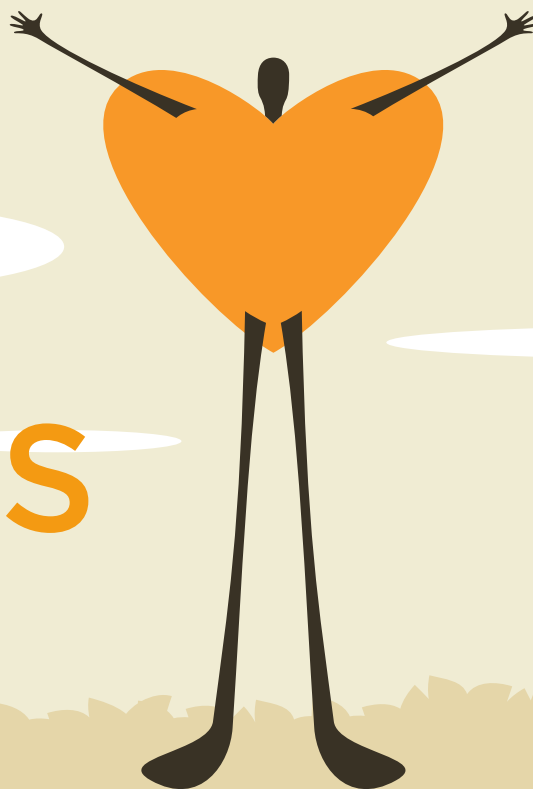
This FREE event is for  
Kinship Carers



australian  
childhood  
trauma  
group



# WHO CARES WINS



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ONLINE NOW**  
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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.

### 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.



Mary Utter is a registered Art Therapist in, Australia, New Zealand (AThR) and, the United States of America (ATR). Having worked in Australia, USA and Samoa for 15 years Mary has a broad range of experience. The primary focus of Mary's work has been as a trauma specialist with children, young people, adults and families from a wide variety of cultures and communities. Mary is known for her exceptional skills in engaging vulnerable clients through the therapeutic process and supporting the professionals involved through reflective practice to achieve meaningful change. Given Mary's experience of; working with children and young people in out of home care, family conflict and family violence, education settings, and the refugee experience she brings valuable experience to her current role as Art Therapist/Consultant at Australian Childhood Trauma Group.

**ENQUIRIES** e [info@theactgroup.com.au](mailto:info@theactgroup.com.au) t 9415 6066 w [theactgroup.com.au](http://theactgroup.com.au)

**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/fax.

Places are limited so please register early to avoid missing out

DATE	REGION	VENUE
Thurs 17 March	Ballarat	Venue to be confirmed closer to the date
Thurs 19 May	Warragul	Venue to be confirmed closer to the date
Thurs 9 June	Werribee (Melb)	Venue to be confirmed closer to the date

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

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

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



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