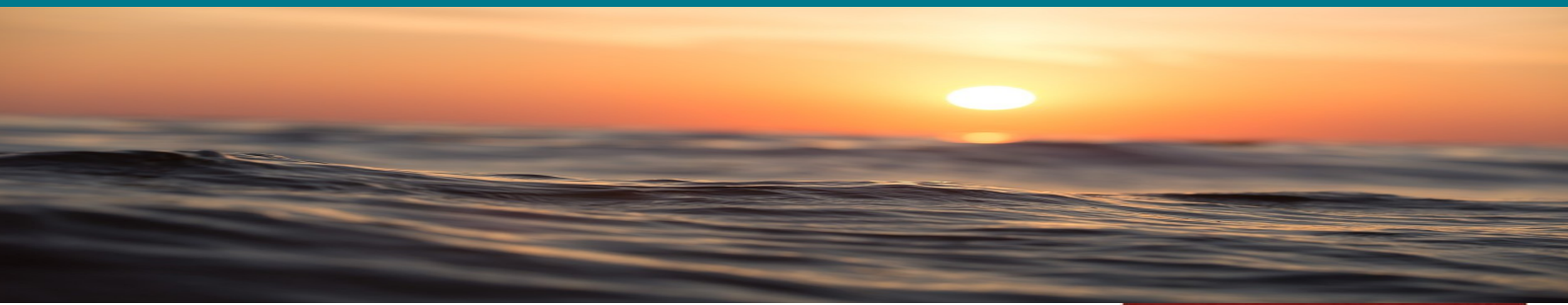




SPECIAL EVENT: Self-Care for Aboriginal Workers



Presented by Felicity (Flic) Ryan

This one day workshop is designed to assist Aboriginal Staff in developing skills to address additional cultural complexities and maintain wellbeing whilst working within a community or health services setting.

Outcomes:

- Develop an understanding around the concept of self-care;
- Develop skills to manage working within our community or with other Aboriginal families known/not known to workers;
- Self-assess individual workers' health within the workplace;
- Develop self-care strategies to reduce the impact of community and workplace expectations on a worker's life.

This workshop is for Aboriginal Workers only.



Date:
Wednesday 1 May 2019

Time: 9am - 4pm

Venue: Novotel Rooty Hill
33 Railway Street
Concept Room 2

Trainer: Felicity (Flic) Ryan

Cost: \$25.00 (LEAD member)
\$40.00 (non-member)

Morning tea & lunch included.

Enquiries: 9620 6172

Event Code: AC05SCA

Places are limited so please register early.

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Aboriginal
Child, Youth
and Family
Strategy



Proud communities
Strong families



It's easy to register on our website www.leadpda.org.au