

Balancing the Care:

Wellbeing tools for Kinship Care

With Megan Corcoran - Wagtail institute



To equip carers with practical strategies and tools to nurture their own wellbeing, manage stress, and sustain their capacity for compassionate care, while fostering peer connection and support through positive community dialogue.

Two additional 3-hour workshops are offered in June and November 2025 to revisit wellbeing themes, support ongoing practices, and foster consistency.

26-02-2025

10:30AM - 1:30PM

188 MCDONALDS ROAD EPPING 3076

LUNCH AND \$50 VOUCHER PROVIDED

RSVP by 24-02-2025 to Erica 0401 308 983 | erica.baylis@vt.uniting.org
or Sharon 0466 796 519 | sharon.wong@vt.uniting.org