

Supporting Kinship Carers Wellbeing - Creative Arts & Sound Therapy

SEMINAR FOR KINSHIP CARERS

Join other kinship carers for a nurturing and inclusive wellbeing guided art therapy workshop supporting kinship carers' emotional wellbeing, self reflection and regulation in a calm, supportive space. Slow down, reflect and express with meditation, sound healing and art.

This seminar will combine creative self expressive art, gentle movement, meditation and sound therapy.

SPEAKER

Christina Borg

Christina Borg is MA in Therapeutic Arts Practices, BA Community Development, Adv. Dip Welfare work, Dip. Counselling, Cert IV Training & Assessment. Registered with ACA, PACFA, ANZACATA, CWA.

DATE & TIME

Wednesday 25th November 2026

10:30-2pm

Lunch provided

LOCATION

Melton Country Club,
28-30 Reserve Rd, Melton

HOW TO REGISTER

Email: admin@kinshipcarersvictoria.org
or Phone or SMS: 0499 969 234

