



CELEBRATE KINSHIP CARE WEEK 2026

Carer Kafe



Nutritional support for Neurodiverse Children & Young People

SEMINAR FOR KINSHIP CARERS

WITH SPEAKER

NIKKI VALENTINI

Nikki is a qualified Clinical Nutritionist and a precision functional medicine practitioner, specialising in nutrigenomics and gut health. Her special interests include hormone & thyroid health, autoimmune diseases, perimenopause, neurodevelopmental (ADHD, Autism), gut health & more...

THIS SEMINAR WILL:

- highlight the effects diet has on neurodiverse children and young people its effect on their mood, behaviour, sleep, stress management & brain function
- assist carers to identify steps to improve children's diet to help regulate and manage some of their complex needs
- alert carers to resources and sources of advice to asset

DATE

Wednesday 7th
October 2026

TIME

10:30AM TO 2PM

LOCATION

Melton Country Club,
28-30 Reserve Rd,
Melton

HOW TO REGISTER

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

*This seminar will only be presented in Melton,
limited places are available*