

Catering
Included

Join us for a **FREE** workshop

RESILIENCE IN REACH

Resourcing Your Journey

For parents, carers, families and kin of children and young people with complex mental health

- Learn real self-care strategies that support your wellbeing without extra pressure
- Understand how stress from family challenges, services, and judgment affects your health
- Recognise your strengths and support networks to better manage the tough times
- Find simple ways to care for yourself while supporting your young person
- Prevent burnout with everyday self-care tools
- Connect with others who face similar challenges



Wednesday 25 March 2026

9.30am for a 10am start – 2.30pm

**Raising Minds
Head Office**

Level 1, 7/1 Fort Lane, Milton



Breaking Barriers



Building Confidence



Making Connections

WHAT WE OFFER



Support

100% Peer guided support from parents, carers, families and kin with lived experience.



Lived Experience

Codesigned by parents, carers, families and kin, along with young people.



Resources

Codesigned workshops to increase knowledge, skills and confidence.



Community

Sharing our stories to empower others.

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Resilience in Reach
AN INITIATIVE OF

