

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 4 March 2026**

9.30am for a 10am start – 2.30pm

**Kingaroy Chamber of Commerce  
Business Hub**

195 Kingaroy Street, Kingaroy



**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

