

Catering
Included

RESILIENCE in REACH SETTING OUT Workshop

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

- Explore common challenges and effective ways to support a child or young person in distress
- Share ideas for starting supportive conversations with young people and professionals
- Reflect on different perspectives within your family's experience
- Recognise your family's existing strengths
- Discover useful resources to help you navigate these situations

Join us for a **FREE** workshop



Tuesday 10 March 2026

9.30am for a 10am start – 2.30pm

**Beatrice Hutton Room,
Old Art Gallery**

62 Victoria Parade, Rockhampton



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

