

Catering  
Included

Join us for a **FREE** workshop

## 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



**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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[www.raisingminds.org.au](http://www.raisingminds.org.au)

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Resilience in Reach  
AN INITIATIVE OF

