



COME AS
YOU ARE

RESILIENCE IN REACH

Resourcing Your Journey

- 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 other who face similar challenges



JOIN OUR **FREE ONLINE WORKSHOP**

TUESDAY 28 OCTOBER, 2025



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.

(07) 3544 0988

info@raisingminds.org.au

www.raisingminds.org.au

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Resilience in Reach
AN INITIATIVE OF

