

CATERING
INCLUDED



RESILIENCE IN REACH SETTING OUT

- Explore common challenges and effective ways to support a 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 OUR FREE WORKSHOP ON
THE SUNSHINE COAST



WEDNESDAY, 5 NOVEMBER, 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

Funded by Department of Social Services

Resilience in Reach
AN INITIATIVE OF

