



2021 Dates



Managing Ourselves in a time of crisis (carer regulation skills)

Caring for our children can sometimes be challenging, particularly when we find that our buttons get pushed and we feel like we are losing control and our minds! This workshop will give you the tools to help you better manage yourself in a time of crisis and help calm the chaos for you and your family.

Presenter:	Isabell Georgiou	
Venue:	Beechboro	
Date / Time:	Wednesday 17 th March	9:30am-1.00pm
Venue:	Rockingham	
Date / Time:	Friday 5 th November	9:30am-1.00pm

- ❖ Morning tea is provided.
- ❖ Child-minding is available. Please advise when enrolling if you require this service.



To enrol please contact the Foster Carer Learning team on 08 9218-5500 or email fosterworkshops@communities.wa.gov.au

