



Sharing stories, finding solutions



KWP presents

# Self-care workshop with Yolanda!

*Join Yorta Yorta Holistic Life Coach & Wellbeing Facilitator Yolanda Finette for a workshop to Pause, Reflect & Nurture as we yarn about the importance of radical self-care and prioritising our own holistic wellbeing*

- *Cultivating Self-Care Awareness to create sustainable self-care practices*
- *Holistic Self-Care practices, tools and rituals to create balance, connection, and calm*
- *Radical Self-Care and our collective responsibility as First Nations people to take care of ourselves so that we are in the best position to care for our community*

## Workshop details

**When:** Friday 9th October

**Time:** 11am - 12:30pm

**Registration is a must. We'll share the zoom ID on the day.**

**KWP workshops are free and open to all Aboriginal women**

Places are limited, please register by contacting our Koori Women's Place team on 9244 3333 or [kwp@djirra.org.au](mailto:kwp@djirra.org.au)

1800 105 303

[www.djirra.org.au](http://www.djirra.org.au)

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