



Respect Victoria's Respect Women: Call It Out 16 Days initiative

Self-care workshop with self-care kits

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 4th December

Time: 10am – 12pm

Online via Zoom

Please register by contacting Djirra's Koori Women's Place team on 9244 3333 or kwp@djirra.org.au



Sharing stories, finding solutions