



Sharing stories, finding solutions



KWP presents

Radical Self-care workshop

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: Wednesday 20th 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

1800 105 303

www.djirra.org.au

 @DjirraVIC

 Djirra

 DjirraVIC