

FREE

One Day Workshop



Self-Care

ENROL NOW

WHEN

Thursday 25 November
9.30am to 4.30pm

WHERE

Online

WHO

All community members
Service providers
Volunteers
Business operators
Professionals

COST

Free

How do we remain balanced and sustainable in the face of life's ever-changing stresses?

This highly interactive 1-day workshop focuses on developing knowledge, skills, strategies, and self-awareness to assist you to effectively navigate life's pressures in a way that maintains and maximises your wellbeing.

HOW TO REGISTER

- Click on the **Enrol Now** button
or
- Visit our website
www.acwa.asn.au/ccwt/free-training-south-eastern-nsw
or
- Contact Yasmin Stein
02 8974 9825
yasmin@acwa.asn.au



Places for this FREE workshop are limited and registration is essential