



# FOSTER & KINSHIP CARER WELLBEING PROGRAM

## Workshop followed by Lunch

Venue: Rex Hotel

Date/Time: Wednesday 25th May 2022 10am

This event is FREE.

Please register at: <https://bit.ly/3OYCbpR>

### **Maintaining Boundaries through Assertive Communication**

In this session we will consider the importance of boundaries in the carer setting and how assertive communication is effective when setting and maintaining boundaries.

Morning tea will be provided at the start of the session, and lunch (upstairs in the Howling Moon rooftop restaurant) will be provided after the workshop. Finish time is estimated to be around 1:00pm.

**This workshop is FREE and available for foster and kinship carers. For more information, please email [kinship.fostercare@carersact.org.au](mailto:kinship.fostercare@carersact.org.au) or call 6296 9900 or 0447 632 067.**