

FRMP & The Hume Regional Homelessness Network would like to invite you to

## ***‘Worker Self Care & Reflection: A Strengths-based Perspective’***

This interactive professional development workshop will focus on self-care practices for workers in the youth homelessness sector. Activities and discussions will consider how using a strengths-based perspective can be applied. Participants will have an opportunity to reflect on current work practices, assess current self-care strategies and develop a personal self-care plan. The workshop will also offer participants an opportunity to evaluate their own roles and consider the notion of ‘helping relationships’ within their current work with young people and/or families.

Facilitator: Steve Phillis, St Luke’s

Host: The Family Reconciliation Mediation Program (FRMP)

**When: Wed 20<sup>th</sup> Aug 2008 10am-2.30pm**

**Where: Benalla**

**RSVP: Jan Armstrong on 5720 2214 or [jarmstrong@nesay.com.au](mailto:jarmstrong@nesay.com.au)**



The logo for St Luke's is a blue rectangle containing the text 'St Luke's' in a white, elegant cursive script.