



The Department for Child Protection
Kinship Care Program Learning and Development

Staying Strong as a Kinship Carer



Being a kinship carer is an important and rewarding role. When you are caring for others, it can be hard to prioritise your own health and wellbeing.

The Department for Child Protection (DCP) is committed to helping you stay strong as a kinship carer.

To help you find a good balance, this learning and development module will support you to:

- learn ways to identify your own signs and symptoms of stress
- explore tips on how to build resilience and reduce stress
- learn some practical strategies to maintain optimal health
- share ideas with other carers in support for one another
- identify your support network and where you can go for practical help and emotional support when you need it.

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This session will run for approximately 4 hours
with a short break. Catering is provided.

We are looking forward to spending some time with you
and helping you navigate your kinship care journey.

BENEFITS



Find new ways to keep yourself healthy and well whilst providing care for a child or young person who has experienced trauma.



Meet other kinship carers in your community to start building your support network.



A safe space to speak openly and where your privacy is valued and prioritised.

"A very good program for kinship carers, well presented."

Register via Eventbrite:

