

YOUTH YARNING STRONG

Self-Care Workshop with Yolanda Finette



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 the 3rd of March 2021

Time: 4pm – 5.30pm

Registration is a must.

We will share the Zoom Meeting details with those who have registered to be part of the Youth Yarning Strong group on the day.

If you would like to join please fill out the attached registration form and send it through to nhamilton@vacca.org.

If you have any questions feel free to contact **Natasha Hamilton** on **0439 468 430**.



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