

FREE event for  
Foster Carers



australian  
childhood  
trauma  
group



# A Pathway to Healing for Foster Carers

## MAD, BAD OR SAD?

The path of a Foster Carer can often be isolating and fraught with difficulties, hardships and feelings of hopelessness. You are not alone! We understand the unique issues you face and will provide an environment of support and learning to help you on your journey.

29 October 2015, 10am - 3pm

It's conclusive – childhood trauma caused by sexual, physical, emotional abuse or neglect 'changes the brain' in ways that impact a child's ability to form strong relationships and be the 'boss of their feelings'.

### The objectives of this seminar are:

- To understand the impact of childhood trauma on our mind, body and spirit
- To learn how to read the behaviour 'signs' of childhood trauma and distress
- To understand how relationships and healthy functioning are impacted by experiences of childhood trauma
- To explore what to do and when to do it in order to ease the impacts of childhood trauma
- To understand how to build healthy relationships with children who have experienced trauma
- To investigate the way the brain of a traumatised child 'thinks'

LIMITED PLACES

**REGISTER  
ONLINE**

[click here](#)



Gregory Nicolau is the CEO and lead Consultant Psychologist of Australian Childhood Trauma Group. He has a 30 year career working with the most marginalised and vulnerable children, young people and families in our community and the agencies, organisations and education facilities who support them. He enjoys supporting people to deliver the best outcomes for children and is an experienced trainer, facilitator and case supervisor.



Nick Grainger has a 10-year background of working with children, young people and families within the out of home care sector. Nick has considerable experience working with vulnerable and high-risk children and young people in residential and educational settings and is recognised for his calm and compassionate approach. Nick has a particular interest in the educating and skilling of people.

**ENQUIRIES** e [info@theactgroup.com.au](mailto:info@theactgroup.com.au) t 9415 6066 w [theactgroup.com.au](http://theactgroup.com.au)

**REGISTRATION**  
9.30am

**SEMINAR**  
10.00am - 3.00pm

**COST**  
FREE

Refreshments, morning tea, lunch & electronic notes provided  
**Places are limited to 25 carers so please register early to avoid missing out!**

**RSVP**

Please register by 26th of October

Via our website (preferred) or complete registration form and post/fax.

REGION	DATE	VENUE
Melbourne - Inner West	29 October 2015	<b>Kensington Town Hall</b> Supper Room, 30-34 Bellair St Kensington 3031

**Complete this form for manual registration and post or fax**

Agency:

Program:

Contact Person:

Contact Number:

Email:

Mailing Address:

Name & Email Address of Each Participant:

PARTICIPANT NAME	EMAIL ADDRESS	CARER / WORKER

- Participants will receive an email confirmation
- Please advise of any special requirements e.g dietary

**Seminar Enquiries and Registrations to:**

info@theactgroup.com.au PO Box 236, Fitzroy 3065  
t 9415 6066 f 9415 6085 w [theactgroup.com.au](http://theactgroup.com.au)



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