

An Afternoon With Petrea King



*"We can't always change
what happens to us,
but we can change
how we respond
to the events and challenges
in our lives."*

Petrea King

An afternoon with Petrea

When: 20th May 2010
Where: Iguana Joe's
12 Dane Dr
Gosford
Time: 2.30pm
Cost: **FREE**
Catering: Coffee & Cake
RSVP: 17th May 2010
Contact: Catriona Kealy
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Family Pathways Network

C/-Centacare Broken Bay
Gosford Family Centre
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Self Care for Workers!

Professionals who provide services for separating families often excel in looking after everyone but themselves. Maintaining your resilience, good humour and capacity for finding joy in the moment is often hampered by exhaustion, distraction and/or resentment. If you are always giving to others from a half empty bucket, you will feel depleted and overwhelmed by the task.

Petrea may be able to assist you to:

- Reconnect to your core values of caring and compassion
- Find deep meaning and purpose in your work
- Reduce your stress
- Enhance your mental and physical wellbeing
- Improve your resilience
- Learn effective strategies to avoid burnout
- Enhance your communication and relationship skills
- Rearrange priorities and achieve work-life balance

If you would like to join with other professionals who provide services for separating families and remind yourself of how to fill up your own inner bucket please come and join one of Australia's leading authors and inspirational speakers at this free event. See details to the left.

This event also coincides with **Families Week (15-21 May 2010)**. The theme for this year is *'The best start: supporting happy, healthy childhoods.'* The central aim of National Families Week 2010 is to celebrate the vital role that families play and particularly to highlight the importance of giving every child a happy and healthy childhood.



The best start: supporting
happy, healthy childhoods

National
families week
15-21 MAY 2010

The Family Pathways Network is a coordinated network for professionals operating within the Family Law system funded by the Attorney General's Department. Our network assists member organisations in making more collaborative referrals and enhancing their understanding of the services for families offered by other Network members. Our members come from a range of organisations that provide services for separating families, including counsellors, mediators, legal practitioners specialising in family law, representatives from Family Law Registries, the Child Support Agency, Centrelink, also organisations traditionally not seen as part of the Family Law System such as mental health and domestic violence practitioners, advocacy groups, men's groups etc.



Centacare
Broken Bay



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