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**Wildtalk Selfcare**

Are you a wildlife carer? Do you struggle to take time out just for you?

While caring for wildlife can be incredibly rewarding, it can also take a toll on physical, emotional and mental wellbeing. Wildtalk Selfcare is a 6-week program in which you will:

* Learn some practical ways to replenish yourself and enhance your well-being
* Experience some movement-based approaches to self-care through connecting body and mind
* Explore some of your experiences as a wildlife carer in a safe and supportive environment

**Cost:** $60 ($10 per session)

**When:** Mondays, 10-11 (in-person) /2-3 (via Zoom) commencing Monday 28 March 2022.

Where: Grant Cameron Centre, 27 Mulley Street, Holder, ACT or online via Zoom.

**Further information:** If you would like to know more about this program, please contact Hilary on 0477 844 562 or email: hilaryaberthon@gmail.com.

**Registration is essential.**

**Facilitators:**

**Roni Ramirez Esquival**. Roni in an experienced counsellor, ecopsychotherapist and member of the Australian Counselling Association. They are passionate about acknowledging and exploring the connection between mind, body and nature; and how these relationships can impact our lives, especially for wildlife carers.

**Hilary Berthon**. Hilary has over a decade of experience facilitating community groups and exercise classes and is certified to deliver Time Out Tai Chi. She is a Level 3 AUSactive Registered Professional and a Student Member of the Australian Counselling Association.

