

COVID-19 Community support workshops



Mackillop Family Services and The MacKillop Institute are partnering with Hume City Council to support the community through the ongoing impacts of the COVID-19 pandemic.

Data suggests that during the COVID-19 Victorian school closures, we have seen impaired learning, increased child stress, loneliness and declining mental health, including anxiety and depression.

Mackillop is currently working in schools delivering professional development to school leaders and teachers to better understand the impacts of adverse childhood experiences and build a buffer against the potential lasting impacts into adulthood.

We have identified a need to deliver a series of workshops for the parent community to bridge the gap between school and parent engagement. Considering the significant cultural diversity within the City of Hume, we will focus on communities from culturally and linguistically diverse backgrounds.

Workshops are 1.5 hours and will focus on:

- the impact of toxic stress and adversity
- the manifestation of complex trauma for children and its impacts on learning and wellbeing
- providing strategies for parents to reduce long term impacts

Face to face sessions (depending on COVID-19 restrictions) at the Broadmeadows Family Relationship Centre at Level 1, Building 1/1100 Pascoe Vale Road, Broadmeadows.

- Thu 11 Nov 12:30pm - 2pm AEST
- Mon 22 Nov 11am - 12:30pm AEST
- Tue 23 Nov 12:30pm - 2pm AEST
- Thu 2 Dec 12:30pm - 2pm AEST
- Thu 9 Dec 12:30pm - 2pm AEST

Online sessions via Zoom. A Zoom link will be emailed to parents who register.

- Tue 12 Oct 12:30pm - 2pm AEST
- Thu 14 Oct 7pm - 8:30pm AEST
- Tue 26 Oct 12:30pm - 2pm AEST
- Wed 27 Oct 7pm - 8:30pm AEST
- Thu 28 Oct 12:30pm - 2pm AEST

[Register here](#)

or visit mackillopinstitute.org.au/relate

