

Parent's Wisdom

It takes a Village to raise a child

My story of Post Natal Depression (PND) from Professional to Patient. What Every Professional Should Know. Book now to secure your place.

Any Professional working with families and depression needs to hear this story. This warts and all account of Tracey's journey through PND and onto recovery looks at what was effective in her journey of recovery and what professional intervention wasn't effective. This is an honest and evaluated look at what really made a difference in the eyes of the patient. The workshop will have a focus on working towards recovery and intervention. This workshop is suitable for those still in the illness or recovering and their friends and families who may feel helpless. There is light at the end of the tunnel even though you may not think so at the moment. Tracey is living proof recovery is possible PND can be beaten.

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Who are we:

We are a small local team with experience. We value the importance of healthy happy parents who want to share stories in order to give hope and inspiration to others.

We believe: that any person who is raising and taking care of a child or young person is considered a "parent" and it really does "take a village to raise a child".

Date of Workshop: Thursday 12th August 2010

Time: 7pm - 9.30pm

Venue: Mercure Hotel Terrace Room
156 Bathurst Street, Hobart TAS

Cost: \$100 per person

An introductory Workshop from Parent's Wisdom. Suitable for Professionals.



Facilitator: Tracey Groombridge

Is foremost a regular mum of two happy spirited boys and the founder of Parent's Wisdom.

Tracey has a passion for and a professional interest in strengthening Families and has over 10 years experience in the field. Tracey has her own story to tell about her survival of Post Natal Depression and her journey from a Professional in the Community Service Industry to Patient in hospital with PND almost overnight. Her story and the learning's are honest and useful for anyone working with families dealing with depression.

A Community Development Professional having worked at a grass roots level and management level with families for more than a decade, first in Homelessness and then in Drug Education and Health Promotion. She has an ability to deliver effective and supportive workshops for Parents and Health Professionals. Tracey has completed a Diploma of Business Management and Diploma of Community Services and Social Science and is also undertaking a Project Management Diploma.

www.parentswisdom.com
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**Book now to reserve
your place.**