

Armstrong Creek

Friday 24 April 2026 | 9:30AM - 4:45PM

Armstrong Creek East Community Hub
46 Central Blvd, Armstrong Creek VIC 3217

COFFEE & MORNING TEA 09:30AM

10:00AM - 11:00AM

Understanding Autism with Paige Hume
Caring for Yourself with Carers Victoria

11:00AM - 12:00PM

Carer Supports with Services Australia
Art Journaling with Luke

EXPO, LUNCH & SPEECHES 11:30AM - 1:30PM

1:00PM - 2:00PM

Art Journaling with Luke

1:20PM - 2:20 PM

Sound Healing with Lisa

1:30PM - 2:30PM

Financial Counselling Victoria Inc. Session

2:30PM - 3:30PM

Breathwork with Niina

AFTERNOON TEA 3:00PM - 3:45 PM

3:45PM - 4:45PM

African Drumming



DETAILED PROGRAM

Outdoor Coffee Cart & Morning Tea (9:30AM – 10AM)

Start the day with a freshly made coffee or tea at the front of the Community Hub. A relaxed chance to settle in and connect with other carers

Morning Session 1 (10:00AM – 11:00AM)

Concurrent sessions – choose one

10:00AM - 11:00AM

Paige Hume

Understanding Autism

Learn about and understand autism influences the way in which we come to understand and respond to our children, or the people we support. Paige brings both her lived experience as an autistic/ADHD woman and extensive professional practice to this presentation.

10:00AM – 11:00AM

Carers Victoria

Caring for Yourself

This workshop explores why looking after your own health and wellbeing matters for yourself and the person you care for. Together, we'll unpack common barriers that make self-care difficult and share practical strategies you can use in your everyday life. You'll leave with simple tools and ideas to help you feel more supported and better equipped in your caring role.

Morning Session 2 (11:00AM – 12:00PM)

Concurrent sessions – choose one

11:00AM – 12:00PM

Services Australia

Carer Supports

Join a helpful and informative session with Service Australia, where you'll learn more about Carer Payment, Carer Allowance, and other relevant supports. This presentation will provide clear, practical information to help you better understand what may be available to you

11:00AM – 12:00PM

Luke

Art Journaling

Take a moment to slow down and reconnect with yourself through art journaling. Through guided prompts and creative expression, you'll have the opportunity to reflect, release stress, and focus on your wellbeing



DETAILED PROGRAM

Expo, Lunch & Speeches (11:30AM – 1:30PM)

Connect with local services at the expo, enjoy a delicious buffet style lunch, and hear from our speakers. Browse at your own pace and take time to chat with others.

Afternoon Sessions 1 (1:00PM – 2:30PM)

Concurrent sessions – choose one

1:00PM – 2:00PM

Luke

Art Journaling

A repeat of the morning session

1:20PM – 2:20PM

Lisa

Sound Healing

Using soothing sounds and gentle vibrations, this session creates a peaceful space to unwind and let go of stress. Whether you're new to sound healing or have experienced it before, this is a wonderful opportunity to slow down

1:30PM – 2:30PM

Financial Counselling
Victoria Inc.

Financial Support for Carers

This session will provide practical guidance on managing financial challenges, understanding your options, and accessing the right supports. You'll also have the opportunity to ask questions in a safe and supportive environment

Afternoon Session 2 (2:30PM – 3:30PM)

2:30PM - 3:30PM

Niina

Breathwork

Take a moment to slow down and reconnect with yourself through art journaling. Through guided prompts and creative expression, you'll have the opportunity to reflect, release stress, and focus on your wellbeing

Afternoon tea (3:00PM – 3:45PM)

Unwind over afternoon tea and connect with other carers

3:45PM - 4:45PM

African Drumming

Feel the rhythm and energy in this engaging African drumming session, where you'll have the chance to connect through music in a fun and supportive environment. No experience is needed just come along, pick up a drum, and enjoy the experience



SCHEDULE

Armstrong Creek

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	Room 1	Room 2	Room 3	Room 4
<u>9:00AM</u>				
<u>10:00AM</u>	Morning Tea			
<u>11:00AM</u>	Understanding Autism	Caring for Yourself		
<u>12:00PM</u>	Expo, Lunch & Speeches	Services Australia	Art Journaling	
<u>1:00PM</u>				
<u>2:00PM</u>		Financial Councelling	Art Journaling	Sound Healing
<u>3:00PM</u>				Breathwork
<u>4:00PM</u>	Afternoon Tea	African Drumming		
<u>5:00PM</u>				



Roving Respite

Powered by  **VICTORIA** State Government  **Carers Victoria**



Armstrong Creek Roving Respite

Location

Armstrong Creek East Community Hub
46 Central Blvd, Armstrong Creek VIC
3217

Time: Registration will open at 09:30AM
for a 10:00AM start, finishing at 4:45PM

Getting there

Parking: There is limited parking available on site as well as limited street parking.

Help on the day

Please report to a member of Carers Victoria staff at the check-in desk.

Contact us

For any queries leading up to the event or on the day, please email us at events@carersvictoria.org.au

Become a Carers Victoria member to join our caring community and be a champion for change.

Membership is free and open to carers, former carers, supporters and Carer Support Groups.

Become a member today by visiting our website.

www.carersvictoria.org.au/about-us/our-membership

Come for the whole day or drop into the sessions that suit you.



Carers Victoria is the peak body supporting unpaid carers across Victoria. We provide information, education and support to help carers in their caring role & connect them with services in their community.



Roving Respite is a Carers Victoria program funded by the Victorian State Government to increase the reach, flexibility, and accessibility of respite services for unpaid carers across regional Victoria.