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## 10.45 – 11.45: Break Out Session Option 1

### **Presenter: Taraka Hart**

Taraka Hart is currently a child and family therapist working in Domestic and Family Violence recovery. Previously Taraka worked as an art therapist at Yeronga SHS for five years and worked closely with teachers. Taraka was part of a team that provided trauma-informed pedagogy training for teachers. After witnessing the impact on teachers when they work with young people from very challenging backgrounds, Taraka and her colleagues wished to provide educators with self-care tools, an understanding of the power of secure attachment to help heal hearts fraught with anguish, and finally the neurobiology of trauma and its impact on learning.

Taraka offers creative workshops on weekends for teachers and promotes clinical supervision for teachers working with young people from challenging backgrounds.

#### **Session Abstract:** Wellbeing Workshop

In this session, educators will be able to:

- engage in de-stressing exercises to help them 'leave school behind'
  - engage in a discussion on workplace satisfaction
  - explore a wellbeing framework that has simple, practical, and immediate impacts
  - wrap up the morning with a creative exercise that promotes wellbeing
- (no art expertise required & materials provided)

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## 10.45 – 11:45: Break Out Session Option 2

### **Presenter: Mandy Cox**

Mandy Cox is support Coordinator for Community Hubs, Brisbane/Multicultural Programs

#### **Session Abstract:** Community Hubs

Community Hubs <https://hubtoolbox.communityhubs.org.au/about-community-hubs/key-program-outcomes/> are being set up in schools in SE Qld to welcome and support families with children under 5 years old including folks from culturally diverse backgrounds, refugees and asylum seekers. The hubs will be offering no cost inclusive playgroups, English classes and other wellbeing and education focused activities, with a focus on mothers and young children from CALD backgrounds experiencing social isolation. The Brisbane Support Coordinator Mandy Cox will provide an update on the schools hosting community hubs in Brisbane, what they hope to achieve in terms of positive outcomes for the CALD parents, children 0-5, the local region and the school community. Mandy is eager to meet QATESOL associates to hear from them how community hub leaders can tap into their expertise and knowledge for the benefit of CALD families and their young children.

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