

## **ILLAWARRA PCA – MEETING: 1 JUNE 2019**

**Date:** Saturday 1 June 2019

**Arrive:** 8.45am

**Meeting Starts:** 9.00am *sharp*

**Concludes:** 12.00pm

**Venue:** Dapto Ribbonwood Centre  
Squiggly Gum Room  
93-109 Princes Highway  
Dapto

### **Agenda:**

- **Attendance**
  - Present
  - Apologies
- **Minutes of Previous Meeting**
  - Any amendments • Moved • Seconded
- **PCA Report**
- **Treasurer's Report (if applicable)**
- **Business Arising**
- **Other Business – Topics as raised by Members**
- **Close of Meeting 9.30am approx**
- **Professional Development presentation – 9:30am- 10:30pm (1 hour approximately)**
  - "Self-Care for Counsellors – The Difference between Stress and Burnout"***
  - *Presented by Tanya Ellsworth*
- **Nibbles Break – 10:30pm – 10:45pm - Approximately**
- **Group Supervision – 10:45pm – 11:45pm**