



MUM'S RETREAT

Friday 26 - Sunday 28 June 2026



WHERE

Federation Gardens & Possums Hideaway,
Blackheath

WHAT'S INCLUDED?

2 nights shared accommodation and some meals.

COST

\$100 per person

KEEPING OUR COMMUNITY SAFE

Please do not attend the event if you or any member of your family are unwell. We encourage RAT testing before attending retreat.

A special weekend just for mums to step away from everyday responsibilities and reconnect with others who understand.

Set in the peaceful surrounds of Blackheath in the Blue Mountains, this retreat offers space to rest, recharge and enjoy good company in a supportive environment.

Whether you choose to sit by the fire, go for a walk, enjoy a coffee outing or simply rest, this retreat is about taking time for yourself – without pressure, expectations or schedules.

This year's retreat also includes a **PDCN 'Nurturing Self' workshop**. A gentle, interactive session offering practical tools to support wellbeing, emotional regulation and self-care in ways that feel achievable and real.

[RSVP here](#)