



We wait in hope for the LORD; he is our
help and our shield. In him our hearts
rejoice, for we trust in his holy name.

May your unfailing love be with us,
LORD, even as we put our hope in you.

Psalm 33:20-22

Mothers' Retreat

Sustainable wellbeing
in motherhood
living our lives with love.



KATE SESELJA

GUEST PRESENTER

"If we understand human sustainability,
it becomes clear how certain people,
products and environments intentionally
harm individual and societal well-being.
When people are taught how to
communicate effectively with
themselves, to live and not just exist,
incredible shifts happen."

Kate Seselja

FRIDAY 10 MAY 2019

10.15am-2.30pm

Marist College Canberra

enquiries to LeesaCallaghan@mcc.act.edu.au

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