

19TH-25TH JULY 2021

# WalknTalk

#starttheconversation

REGISTER TODAY



## Birth Trauma Awareness Week 2021

The Australasian Birth Trauma Association (ABTA) is on a mission to reduce the instances and impact of birth trauma whilst supporting affected women, families and healthcare professionals.

Help us raise \$50,000 to expand our support service across Australia. With your help we can ensure no family is left feeling alone and unheard after experiencing birth-related trauma.

The WalknTalk is happening during Birth Trauma Awareness Week (19-25 July). You can walk everyday or just one day. WalknTalk is a virtual event. We encourage you to walk in your local community to raise awareness of birth-related trauma.

### When 19th-25th July 2021

Walk as much or as little as you like while wearing your Walk N Talk t-shirts during Birth Trauma Awareness Week. Please take a photo to add to social media. Share your story and encourage others to share theirs and raise much needed funds to support birth trauma support services and awareness.

1

#### Sign up

Register to WalknTalk and buy an ABTA T-shirt to wear on the day. Maybe get a team together, you can Walk N Talk with friends, family or colleagues, anyone you want to share this journey with.

2

#### Ask for support

Share your individual fundraising page with family, friends and colleagues. Make sure you tell them why this is important to you and ask for donations to support the ABTA.

3

#### WalknTalk!

During Birth Trauma Awareness Week (19-25 July) meet up with others to walk or engage with your community while out and about and start talking. Share your story and encourage others to share theirs.

WalknTalk! 19th-25th July 2021, go solo, with your family or meet up with your squad and start talking. Share your story with us and encourage others to share theirs.

FIND OUT MORE

[fundraise.birthtrauma.org.au](https://fundraise.birthtrauma.org.au)

#starttheconversation #ABTAwalkntalk  
#birthtraumaawarenessweek2021