Blue Knot Day is an annual national day, facilitated by Blue Knot Foundation to raise awareness and unite communities in support of adults who have experienced childhood trauma and abuse. Research shows that with the right support, survivors can and do recover.

This year’s Blue Knot Day is on Monday October 16 with events from October 16-22. The theme is “Unite in Support of Adult Survivors of Childhood Trauma”

Blue Knot Day

On Blue Knot Day this year, we will show our support for adult survivors with a community-created art project. Food and drink will be available for a donation. Blue Knots will be available for sale which are worn to show support throughout the day. All proceeds go to the Blue Knot Foundation.

Where: Cameron’s Corner
161 Bolsover St, Rockhampton

When:
Mon. 16 Oct. 10 am – 2 pm

Contact:
Aaron Kenney, akenney@raq.org.au
Suzanne Messmer, 0439726809

Need help? Call Blue Knot Helpline 1300 657 380
Visit blueknot.org.au/blueknotday for more info