



FREE WORKSHOP

Do you work in a shop or
business where you
regularly have contact with
people affected by the
bushfires?

**This workshop
is for you!**

**No Bull Support Workshop
Wednesday 24 March**

6pm – 9pm

EACH – Golden Wattle House

1 Vimy Ridge, Healesville

RSVP and Details: Jodie Bowker

jbowker@each.com.au or 9871 1890





'No Bull' Support for Victorian Relief Workers and Volunteers

As many communities are recovering from devastating bushfires, a new fire season has just begun, and chronic dryness continues across much of Victoria. In consideration of the enormous strain on rural communities, we are offering a free workshop to assist people who, in the context of providing service to others, regularly engage with folks who are experiencing extreme stress, crisis situations and devastating personal losses.

The workshop also aims to provide useful strategies for managing one's own stress.

Support strategies and self care might include:

- Recognising the most common emotional and relational effects of natural disaster: stress, grief, blame anxiety and depression
- The 'No Bullshit' approach to helping people in crisis;
- Being supportive when you don't know how, etc;
- Dealing with hopelessness and despair;
- Asking difficult questions;
- Understanding the special needs of children and adolescents;
- Sustaining and caring for yourself and your family;
- When, how and who to refer to for extra support.

This session runs for 3 hours over the course of an evening. Participants will receive course handouts.

Who should attend:	<ul style="list-style-type: none"> • Bushfire workers and volunteers who are in regular contact with distressed community members. • Other members of the community who think that it may be useful for them.
Where:	EACH – Golden Wattle House 1 Vimy Ridge, Healesville
When:	Date Wednesday 24 March, 2010 Time 6 – 9pm (supper provided)
Cost:	FREE!! Group sizes of 15-20 people maximum so place your reservation quickly!
RSVP due by:	Date 19 March
RSVP to: (Service's logo)	Jodie Bowker EACH Social & Community Health Ph: 9871 1890 Email: jbowker@each.com.au

This program is funded by the Victorian Government, through the provision of a Victorian Support Grant from the Community Support Fund.