



Community Support Training Project *Responding to the Victorian bushfires*

SKILLS AND CONFIDENCE FOR TACKLING TOUGH TIMES: FOR MARYSVILLE COMMUNITY MEMBERS

- Increase your understanding about how people might be reacting following the Victorian bushfires
- Tips and tools for you to better help yourself and others
- Find out where people might get professional support services

The session will be run by **Jan Seeley** an expert *beyondblue* Facilitator, with plenty of time to raise questions and discuss local issues.

When: WEDNESDAY 14TH, APRIL, 2010

Time: 3.00 PM TO 6.00 PM

Where: MARYSVILLE GOLF CLUB, Buxton Marysville Road Marysville

Dinner will be provided and numbers are limited please
R.S.V.P April, 10th 2010

To register:

Contact The Hub Ray or Lily 5963 4371 Mobile: 0419 351 596 or by email
Lily.Cortie@dhs.vic.gov.au

Please advise of any specific dietary or accessibility requirements when registering.

Specific topics to be discussed:

- What are some typical responses to a traumatic event like the Victorian bushfires
- What are some ideas and tips for helping yourself, your family and friends
- What are the common mental health issues following a traumatic event like the Victorian Bushfires
- How can mental health professionals help.

This Project is funded by the **Australian Government Department of Health and Ageing** and endorsed by the:

