



Community Support Training Project *Responding to the Victorian bushfires*

SKILLS AND CONFIDENCE FOR TACKLING TOUGH TIMES: FOR **Marysville & Triangle** 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 an expert *beyondblue* Facilitator, with plenty of time to raise questions and discuss local issues.

When: Thursday 27th May, 2010

Time: 3.00 p.m. 6.00 p.m.

Where: Black Spur Inn Narbethong

Dinner will be provided

To register:

Contact **Margaret McLauchlan** M:0408 774 917 or by
margaret.mclauchlan@aus.salvationarmy.org

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:



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