

Working with Grief, Loss and Trauma: How to Support Yourself and Others

Developed in conjunction with WA charity, Sirens of Silence (SOS), WA Police and Curtin University, Road Trauma Support WA presents a workshop designed to support emergency service personnel. This is a specifically tailored one-day course that will equip you with the knowledge, skills and resources to:

- Respond appropriately to those impacted by grief, loss and trauma;
- Undertake death notifications;
- Understand the impact on yourself of working with grief, loss and trauma;
- Develop self-care strategies to prevent burn out and the onset of post-traumatic stress.

The workshop will be interactive, facilitating the sharing of knowledge, experiences and ideas across the different emergency services and allow for important peer discussion and support. Emphasis will be on assisting participants to develop their own self-care plan/resilience strategies and to help them integrate them into their working and personal lives.

Join us on Thursday 9 March 2017, from 9:00 am to 4.00pm

Venue: Koombana Room, Quality Hotel Lighthouse
Carey Street, Bunbury

Register: By 28 February 2017 to Jacinta Ebsworth at
training@iccwa.org.au or call 9420 7262

Cost: SOS members: \$35 p.p. Non-members: \$45 p.p.

Please note: this workshop is for (paid and voluntary) emergency services personnel only. If you would like further information on similar workshops for those outside this group please contact RTSWA on 08 9420 7262 for further details.

For further information contact:

Lyn Sinclair at sirensforsilence@westnet.com.au or

Susan Medica at RTSWA on 08 9420 7262. or smedica@iccwa.org.au

