

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

Road Trauma Support WA presents a workshop designed to support emergency service personnel. This workshop 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 one-day workshops are interactive, facilitate the sharing of knowledge, experiences and ideas across the different emergency services and allow for important peer discussion and support. Emphasis is on assisting participants to develop resilience strategies and an individualised self-care plan.

A number of workshops have been planned for the Perth metropolitan area and regionally with dates and locations to be confirmed closer to the event.

Schedule for 2017/2018 as follows:

- 7 September 2017 – Broome Fire Station
- November 2017 – Great Southern (date and location to be confirmed)
- February 2018 – Peel Region (date and location to be confirmed)
- March 2018 – Perth metro (date and location to be confirmed)
- April 2018 – Goldfields Esperance (date and location to be confirmed)
- May 2018 – South West (date and location to be confirmed)

For further information please contact Melanie Gould via email at admin@rtswa.org.au or by phone on (08) 9420 7262.