

Understanding Grief and Loss

Supporting Yourself and Others



Road Trauma
Support WA

Road Trauma Support WA is hosting an information evening for anyone wanting to know how they can support a family member, friend or themselves through unexpected grief or loss.

The information session will help you be better informed on:

- Grief and trauma;
- Common reactions, particularly in children and adolescents;
- Useful tools and tips to support yourself and others;
- When professional help may be needed; and
- Find out where and how to access support.

This presentation is suitable for parents, caregivers, and individuals who have been exposed to grief and loss, and those who work in the helping field.

The information evening will allow for a sharing of knowledge and ideas within the community and beyond.

Monday 17th September 2018

5.30 – 7.00pm

Esperance Civic Centre, Council Place, Esperance

FREE

coffee, tea and refreshments provided

To help with catering numbers, please register by
Phone 1300 004 814 or email admin@rtswa.org.au



Road Trauma Support WA provides information, support, and counselling to anyone affected by road trauma.

1300 004 814

www.rtswa.org.au

@RoadTraumaWA

