

Understanding Grief and Loss: Supporting Yourself and Others

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.

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

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

Wednesday 21 August 2019

5.30pm – 7.30pm

Beryl Grant Community Centre

15 Townsend Street, Albany

Free tea, coffee and light refreshments provided.

To help with catering, please register by:

Phone 1300 004 814 or

Email admin@rtswa.org.au



**Road Trauma
Support WA**

 1300 004 814 (free call)

 www.rtswa.org.au

 Road Trauma Support WA

 @RoadTraumaWA



 injury matters