

# After a Crash: Supporting Yourself and Others

Road Trauma Support WA is hosting an information session 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, including 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, first responders, 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.

**Tuesday 25 February 2020**

**5.00pm – 7.30pm**

**St John WA, Training Room 2**

270 Bussell Highway, Bunbury WA

Free tea, coffee and light refreshments provided.

To help with catering, please register by:

**Phone 1300 004 814 or**

**Email [admin@rtswa.org.au](mailto:admin@rtswa.org.au)**



**Road Trauma  
Support WA**

 1300 004 814 (free call)

 [www.rtswa.org.au](http://www.rtswa.org.au)

 Road Trauma Support WA

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**St John**



**im injury matters**