Taking care of yourself, family and friends after the fires
Community talk | Thursday, 9 March 2017

What are normal reactions to events like this?
How can I support friends and family?
When and how can I get extra support?

To find out the answers to these questions and more, join us at an upcoming community talk to be led by Clinical Psychologist David Younger.

David has extensive experience in assisting communities affected by emergencies, including those affected by bushfires in Victoria and Tasmania, and the recent Melbourne CBD Bourke Street tragedy.

Come and learn about the normal range of emotions as well as what to look out for and how to best help yourself and those around you.

There will be time to talk with David at the end of the session or, if you prefer, one on one afterwards.

We hope to see you there.

Date: Thursday, 9 March 2017
Time: 11.30am to 12.30pm (after the Local Land Services post-fire information workshop)
Venue: Dunedoo Bowling Club
No need to RSVP, just turn up.