



Shoalhaven Bushfire Recovery Service

(ILLAWARRA SHOALHAVEN LOCAL HEALTH DISTRICT
MENTAL HEALTH SERVICE)

HEALTH AND WELLBEING WORKSHOPS

An opportunity to connect, reflect and grow

The Shoalhaven Bushfire Recovery Clinicians will be running a series of 6 community workshops fortnightly between September and November 2020 at **Durras Progress Hall on Wednesdays** and **Kioloa/Bawley Community Hall on Fridays**.

These workshops will run from **10:30 – 12:30**.

Workshops will be free and open to any members of the community who would like to attend either one or all sessions, however due to COVID-19 requirements, RSVP will be required for each session to ensure numbers are not exceeded.

ISLHD Health Bushfire Recovery staff will be available between **1:00 and 2:30** if you'd like to drop in for a chat, for some information or to link in with other services that may be able to assist you.



1: What's normal anyway?

Recognising how we respond to traumatic or stressful events.

Durras: 9th Sept Kioloa: 11th Sept

2: Looking after yourself

Caring for your wellbeing

Durras: 23th Sept Kioloa: 25th Sept

3: What's going on up there?

Understanding how our brain changes with trauma or stress

Durras: 7th Oct Kioloa: 9th Oct

4: Calm, not concerned

Being mentally prepared, managing our emotions and living with uncertainty

Durras: 14th Oct Kioloa: 16th Oct

5: What about the kids?

Supporting children and adolescents experiencing trauma and worry after the fires

Durras: 28th Oct Kioloa: 30th Oct

6: Where to from here?

How we find positive growth from adversity

Durras: 11th Oct Kioloa: 13th Oct

TO REGISTER YOUR INTEREST:

Please contact the Shoalhaven Bushfire
Recovery Service on:

(02) 4424 7888

Or email:

Bronwyn.Lunt@health.nsw.gov.au