

# Working with Grief, Loss and Trauma: How to Support Yourself and Others

Developed in conjunction with WA charity, Sirens of Silence (SOS), WA Police and Curtin University, Road Trauma Support WA presents a workshop designed to support emergency service personnel. This is a specifically tailored one-day course that will equip you with the knowledge, skills and resources to:

- Respond appropriately to those impacted by grief, loss and trauma;
- Undertake death notifications;
- Understand the impact on yourself of working with grief, loss and trauma;
- Develop self-care strategies to prevent burn out and the onset of post-traumatic stress.

The workshop will be interactive, facilitating the sharing of knowledge, experiences and ideas across the different emergency services and allow for important peer discussion and support. Emphasis will be on assisting participants to practice resilience strategies and develop an individualised self-care plan.

**Join us on Thursday 9 March 2017, from 9:00 am to 4.00pm**

**Venue:** Koombana Room, Quality Hotel Lighthouse  
Carey Street, Bunbury

**Register:** By 28 February 2017 to Jacinta Ebsworth at  
[training@iccwa.org.au](mailto:training@iccwa.org.au) or call 9420 7262

**Cost:** SOS members: \$35 p.p. Non-members: \$45 p.p.

**Please note:** this workshop is for (paid and voluntary) emergency services personnel only. If you would like further information on similar workshops for those outside this group please contact RTSWA on 08 9420 7262 for further details.

For further information contact:

Lyn Sinclair at [sirens of silence@westnet.com.au](mailto:sirens of silence@westnet.com.au) or

Susan Medica at RTSWA on 08 9420 7262. or [smedica@iccwa.org.au](mailto:smedica@iccwa.org.au)

