

# DISASTER RECOVERY: AFTER THE FLOODS

*Are you flood-affected?*

*Would you like to attend a FREE 6-week program  
to improve your psychological wellbeing?*

This six-week psycho-education program aims to assist those affected by the floods to gain skills, manage distress and cope with post-disaster stress and adversity.

### Topics include:

- Common reactions following a disaster
- Psychological strategies for managing distress
- Risk factors and warning signs for ongoing mental health difficulties
- Strategies for managing life through the prolonged recovery process.

Email [admin@lgpc.com.au](mailto:admin@lgpc.com.au) to register your interest.

Pre-group information session on **Wednesday 16 October**.

Numbers are strictly limited.

Free for flood-affected individuals.

Supported by:



*Life Giving Psychology & Coaching is a private psychology practice, operating for over 15 years in the Townsville region.  
Other group topics are available, as well as individual sessions - see [www.lgpc.com.au](http://www.lgpc.com.au)*

## MANAGING ANXIETY

*Do you experience anxiety?*

*Would you like to attend a 6-week program to improve your psychological wellbeing?*

This six-week psycho-education program will help you recognise and understand the signs of anxiety, and to implement strategies to manage anxiety in everyday life.

### Topics include:

- Understanding how anxiety impacts upon the body, and how to reduce the physical symptoms
- How our core beliefs influence how we perceive the world, and how to shift our anxiety mindset
- behavioral strategies to ensure anxiety no longer controls you

Pre-group information session on **Wednesday 16 October**.

Numbers are strictly limited.

Free for those on low-income, please email for further details.

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