



# Life and community

## after a bushfire with David Younger

### Join us for a conversation with Clinical Psychologist David Younger Bushfire and Natural Disaster Recovery Expert

During the first six months after a bushfire it is not uncommon for people to experience stress, distress and disruptions to their lives. There may also be emotions of disbelief, guilt, shock, uncertainty, anger or grief, even if your property was not directly affected.

As a part of this conversation series, David Younger will explore the next phase of recovery including what to expect and how best to support one another and ourselves. During each session there will be time for discussion and to ask questions as well as to mingle and talk with each other. Sessions will be relaxed and informal and we strongly encourage all community members to attend.

**Sessions will run from 6.30pm – 9.00pm on:**

- **Saturday 7 September at Labertouche District Community Centre**
- **Thursday 12 September at Drouin Library**
- **Friday 20 September at Moe Library**
- **Thursday 26 September at Rawson Cricket Club**

No RSVP required, all welcome. Tea, coffee and light supper provided.

David has a podcast in which he discusses all issues recovery related. To find out more go to [www.davidyoungerpsychology.com.au](http://www.davidyoungerpsychology.com.au)

