

Recovery from Trauma



This is an educational and skills based program that assists participants to develop an understanding of trauma, learn strategies and skills to identify and reduce physical and psychological responses and manage the impact of trauma on relationships.

Topics include:

- how thoughts, values and beliefs are influenced by trauma
- confronting feared and avoided situations.

Who can attend:

Current and ex-serving ADF members, partners, adult children.

Registration closes:



Find out more or register your interest by contacting Open Arms – Veterans and Families Counselling on **1800 011 046** or visit **www.openarms.gov.au**.