



# SIKSIKA HEALTH AND WELLNESS MENTAL HEALTH Flood Support

## 1 Day Workshop

### “On Understanding Trauma & Post Traumatic Stress Disorder”



**WHEN: MONDAY OCTOBER 7<sup>TH</sup>, 2013**

**LOCATION: SRDL**

**TIME: 9:00 AM – 4:00PM**

***LUNCH WILL BE SERVED***

- The Siksika Nation Health and Wellness centre invites community members and staff from the Siksika Nation to attend this important 1 day workshop on “Understanding Stress and Post Traumatic Stress Disorder”.
- ***This 1 day workshop is for flood evacuees and staff who have been impacted by the flood.*** The flood has caused stress to many members of the Siksika Nation, as many members have lost or damaged property and belongings.
- The Siksika Mental Health has invited Gerald Kiesman from Restoring Balance Consulting to facilitate this workshop, Gerald Kiesman is First Nation and is well known for his work in working with people who have experienced trauma and post traumatic stress disorder.
- This workshop will provide you with an understanding of trauma and post traumatic stress disorder as well as healing exercise to assist you in your healing process .

**FOR ADDITIONAL INFORMATION AND/ OR TO REGISTER PLEASE CONTACT:**

**Siksika Mental Health**

**Bertina Water Chief – Admin Support**

**Marsha Wolf Collar – Mental Health**

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