



Sunday Workshop

A Place to
Belong

BUILDING SENSE OF
SAFETY: COMMUNAL AND
PERSONAL RESPONSES
TO HUMAN DISTRESS.

3 June
2-4:30pm

We will hear stories, meet others, hear of upcoming events and enjoy afternoon tea (bring something to share if you can). No RSVP required. The workshop is free. Questions: Call A Place to Belong office on 3217-2522 or Neil on 0437-718-420.

NEW VENUE:
St. Francis College,
233 Milton Rd., Milton

(Next door to the XXXX brewery, 100m from Milton Station). Enter via Baroona Rd between no.25 & 29 or via Milton Rd (city bound traffic only). Park in the grounds in visitor parking areas. Follow signs to Lecture Room 1).

This workshop is highly relevant to anyone seeking to companion someone who has experienced distress or trauma. Dr Johanna Lynch, a general practitioner who has been caring for survivors of childhood trauma and neglect for 10 years, will be joining us this month. She is in the third year of her PhD researching whole person approaches to distress. She will conduct this workshop helping us to reflect on ordinary human responses to distress. She will use a model she has refined during her PhD to help us reflect on how a 'Sense of Safety' may be facilitated in our lives and communities. For those who attended Dr Lynch's 'Sense of Safety' research workshop last year, this workshop will also reveal some of the results of her PhD research that you contributed to.