

# Weathering the Storm workshop

► **Free workshop** | Learn how to build resilience against weather-related anxiety

## About the workshop

Explore weather-related anxiety and the range of impacts extreme weather can have on individuals, whānau and communities.

Weathering the Storm helps you manage the stress and heightened emotions associated with severe weather. Learn about the emotional phases of a disaster, how to manage anxiety and distress, and ways to build resilience.

Our facilitators bring a wealth of professional and personal experience, delivering the workshop with expertise and sensitivity.

Participants will receive a workbook with notes, additional reading, and a directory for support.

## Learning outcomes

**After attending Weathering the Storm, participants will be able to:**

- understand weather-related anxiety
- recognise the unequal impacts of severe weather
- use tools to build resilience and reduce the impact of anxiety.



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*“Having specific training for this is very valuable. People often talk about the fear they feel when it rains heavily.”*

### Workshop details - Mt Roskill

Monday, 20 May 2024, 10am - 2pm

Fickling Convention Centre, Mt Albert Road

<http://tinyurl.com/WTSMtRoskillMay24>

Scan QR code to register

