

PRESENTED BY SSAFA ONLINE

A TALK ON: LOOKING AFTER YOURSELF AS WE REMEMBER



With Sara Cook

Saturday 6 November
10:00 - 12:30

This virtual online session is available to all members of SSAFA's Support Groups or those who are eligible to be a member of our groups. Please go to www.ssafa.org.uk/get-help/military-families/bereavement-support-groups to find out more information about SSAFA's Support Groups.

As we lead up to Remembrance Sunday, we are aware that many people find it a difficult time. This session will aim to support you to look after yourself whilst remembering your loved ones and to provide you with the opportunity to speak to others who are going through similar experiences. The first hour will include a short presentation, discussing and practicing tools to support you. During the second hour we will put you into smaller groups (fathers, mothers, wives etc.) which will give participants the opportunity to discuss any concerns they may have.

Sara Cook

Originally from the USA, Sara but has lived and worked in Northern Ireland since 2001. Much of Sara's work has involved facilitating dialogue and storytelling encounters with people impacted by the conflict in Northern Ireland, including former security forces, ex-prisoners and those bereaved or injured. Sara headed an organisation that was one of the first to bring former British soldiers back to Northern Ireland to engage in dialogue with civilians, as well as including others from England, Scotland and Wales who had been affected by the conflict in Northern Ireland.

Sara also provides training in trauma-informed resiliency work to mental health practitioners, educators, non-profit leaders, etc. She has trained people worldwide and has travelled to the border of Turkey and Syria to train humanitarian aid workers supporting Syrian refugees in resilience-building skills.

Sara is a lecturer and field director for the Conflict Transformation Certificate Program at St. Mary's University, Texas.

TO ATTEND, PLEASE REGISTER BY EMAILING:

supportgroups@ssafa.org.uk

The deadline to register is Friday 30 October.

**There is a requirement for a minimum number of 10 people to be registered by 30 October for the talk to take place.*