

Understanding your Risk! Preparedness Planning



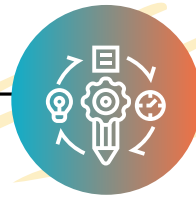
Understand

Identify your risks, anticipated stressors and the feelings and thoughts they may provoke should an emergency occur.



Plan

Take action to protect your wellbeing and the important things in your life before an emergency occurs.



Prepare

The things you need to cope with in an emergency will help reduce stress and give you a sense of confidence and control.

About the Workshop

Resilience starts with YOU!

If you are someone who needs help in an emergency, you may need to rely on people you know. And if you can take care of yourself in an emergency, maybe you should think about people you know who can't.

This workshop prompts you to identify your risks and the risks in your community, helps you develop a plan and prepare for stressful situations you may find yourself or your community in.



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