

Exploring the Impact of Trauma

Date: Friday 31 July 2026
Time: 10:00am – 2:00pm
Venue: St George and Sutherland Community College – SGSCC
127-129 Sutherland Road, Jannali NSW 2226

This course explores the impact of trauma on wellbeing, relationships and communities. Students will develop skills to recognise what trauma is and how to cope better with trauma in their own lives and gain knowledge of strategies to assist in their recovery journey.

Topics include:

- What are the different types of trauma?
- How trauma impacts on wellbeing, relationships and communities
- Finding hope after the experience of trauma

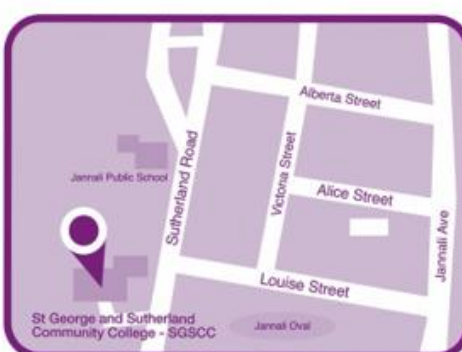
Students may like to continue their learning after this by attending **Life Beyond Trauma** course

To enrol please visit our website:

<https://www.seslhd.health.nsw.gov.au/recovery-wellbeing-college>



Photo by Hannah Busing Unsplash



For more information
please contact the
Recovery & Wellbeing
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