



NEPAL-TIBET FLOODS: Support in a Time of Shock, Loss & Uncertainty

This is a 45-min community briefing, followed by 15 mins for Q&A and discussion.

Date: Friday, 4th September

Time: 4.30pm - 5.30pm (GST; Dubai)

6.15pm - 7.15pm (GMT + 5.45; Nepal)

ABOUT THIS SESSION:

For anyone directly or indirectly impacted by the devastating floods in Nepal and Tibet - whether you experienced the disaster first-hand, are concerned for loved ones or communities affected, or have been deeply impacted by what you have witnessed from afar.

Sudden and devastating natural disasters can affect us in many ways; whether whether we experience them directly, worry about loved ones, or witness distressing images and stories from afar. This session offers a compassionate space to understand these responses and learn how to care for ourselves and others in the aftermath of overwhelming events.

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ATTENDEES WILL LEARN:

- How sudden and overwhelming natural disaster can affect our thoughts, body, and emotions
- Understanding grief and our different responses to loss and uncertainty
- Ways to care for yourself in the days and weeks that follow
- How to support others
- Recognizing when additional support may be helpful

WHO SHOULD ATTEND:

Anyone directly or indirectly affected by the Nepal-Tibet floods, including those concerned for loved ones or impacted by witnessing distressing images, videos, or news coverage.

