



In the aftermath of the COVID-19 pandemic, Frontline Families are providing events designed to meet the needs of families of disabled children and adults who have a range of support needs. See all events on our webpage.

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## PTSD and C-PTSD what are they?

Understanding symptoms and treatments to support these relentless symptoms.

Do you want to find out more about anxiety and stress disorders? Join us for this workshop given by Mrs Ruth Commons who will help identify General Anxiety Disorder (GAD) and Post traumatic stress disorder (PTSD).

This includes looking at the symptoms associated with both disorders and treatment choices, including understanding NICE guidelines. Complex PTSD (C-PTSD) has it's own set of symptoms and therefore it's own Treatment.

Find out where to find out more and get help. This workshop will include simple techniques to use in the moment to support a person experiencing symptoms.

**Thursday 16th June 2022  
from 10am to 12noon**

Join us on Zoom for an informative session with Mrs Ruth Commons BA Hons(QTS), PGCC, Adv. Dip. Cp Dist., MNCS Acc. Child and Adolescent Psychotherapist

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Frontline Families is a **partnership** of organisations who work with families of disabled children and adults who have a range of support needs.

