

If your reactions scare you or if they last more than 4 to 6 weeks it may be useful to speak to a professional who has experience with post-traumatic stress.

Si vous avez peur de vos propres réactions ou si elles se prolongent au-delà de 4 à 6 semaines, vous

The counsellors of the Employee Assistance Program (ABDA) have training and experience in helping people who have been through a traumatic incident. If you need more information please contact any of the three counsellors.

Brenda Abud-Lapierre	992-6167
Laurier Beaudoin	992-1641
Barbara Barr	995-9547