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For immediate release

MEDIA RELEASE

Southern Alberta flood anniversary Tips for families on how to cope

Calgary, AB – June 19, 2014 – As summer sets in the thoughts of warmer weather and sunny days are upon us, a time of year that many look forward to. But, this summer just isn't the same. Feelings of excitement are plagued with unease as the anxieties of melting snow and rising temperatures loom over us. Can I go through this again? This is the question many people are asking themselves as the anniversary of the Southern Alberta floods approaches.

"Tension is running high, and stress is setting in as people think about the anniversary of the Southern Alberta floods. It's the fear of the unknown," says Thalia Anderen, Counselling Manager at Calgary Counselling Centre and High River Counselling Centre. "Many flood-affected victims, especially in the High River community, have just returned to their homes. As people begin to re-build their homes, and their lives, they cannot help but have fears of going through the same devastation of last year."

Calgary Counselling Centre offers five tips for families coping with an anniversary of a natural disaster:

1. **Expect emotion:** As the anniversary date approaches you may feel out of sorts. In fact the days leading up or the days after may also affect you. Remind yourself its ok to feel a whole range of emotions during this time.
2. **Be honest:** with yourself and your kids. It's ok to share your own reactions and concerns. Kids usually pick up on how their parents are feeling. Answer any questions honestly and age appropriately.
3. **Acknowledge the anniversary:** Let your family and yourself acknowledge the anniversary in your own ways. Some kids may express interest while others may choose to ignore it all together. **There is no right reaction for everyone.** Make yourself available to talk to your child, but also make sure you too are connecting with loved ones on your own feelings.
4. **Take care of you:** Make sure you take good care of yourself during these times. Self-care, support and comfort will help ground you as you move through the emotions.
5. **Seek support:** Calgary Counselling Centre is here to help. Contact us at www.calgarycounselling.com to register for counselling online.

It is important to remember that the worry of what is to come can affect anyone. Our counsellors have noticed that many young children are showing signs of apprehension as the flood season is upon us. Any emotions you are dealing with are normal, and expected, regardless of your age.

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Calgary Counselling Centre is the leading research, training and knowledge-based counselling organization in Canada. Since 1962, the Centre has been committed to providing best practices in counselling, training and research to improve the well-being of Calgarians and surrounding communities through highly effective counselling based on solid research and practice. Our services are available to anyone regardless of financial status; the Centre is a recognized leader in the treatment of domestic abuse, depression, eating disorders, separation/divorce, trauma and self-esteem. Through its ongoing research and education programs, Calgary Counselling Centre strives to meet the changing needs of our community.