



Queensland  
Rural Regional and Remote  
Women's Network



The **Quest for Life** Foundation  
Founded by Petrea King

## **Strong Women. Strong Communities**

Media Release  
Friday 2 March 2012

### **Community Bounce Back Program**

Individuals and communities across Australia are still coming to terms with the 2011 natural disasters and some have been affected again in 2012.

Two well established and innovative not-for-profit organisations, Quest for Life Foundation (QFL) and Queensland Rural Regional and Remote Women's Network (QRRRWN) have partnered to develop and deliver the "Community Bounce Back" program to assist these people in the months ahead.

Funded through the Tim Fairfax Family Foundation, a series of webinars, DVDs, a workbook and workshops have been developed to assist individuals and rural communities recovering from trauma.

The resources have been developed and are now being made available free online for individuals everywhere to access.

Georgie Somerset, President of QRRRWN says "We are excited to be able to share these resources with the wider community".

"Trialling this pilot program in Queensland, and with workshops on the way in St George and Theodore, we know these resources can make a difference in people's lives, and we are delighted to see the resources go online and spread far and wide."

Susie Cameron, Business Development Manager for Quest for Life adds "We're proud to be able to provide these valuable no cost resources to individuals and communities across Australia".

"The resources give people strategies to assist them in the process of recovering from the trauma of lost lives, property and livelihoods. They are for anyone recovering from traumatic events, grief, depression and anxiety."

The resources available online include , three DVDs and a workbook. Quest for Life Founder Petrea King will be presenting workshops together with Senior Quest Facilitator Wendie Batho, in Theodore and St George throughout March, April and May 2012.

For more information or to access resources online:

<http://www.questforlife.com.au/trauma-recovery-program>  
<http://www.qrwn.org.au/community-recovery.php>

or contact QRRRWN on **1300 795 571** or Quest for Life on 02 4883 6599

**ENDS**

### **MEDIA CONTACT**

The Queensland Rural Regional and Remote Women's Network (QRRRWN pronounced Q-REN) was established in 1993 to meet the needs of women in rural communities throughout the state. Since then it has grown into a progressive organisation running a series of programs in regional centres as well as being involved at a national and international level. The focus is on all rural women and their families, communities and enterprises.

QRRRWN - Media  
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Quest for Life programs provide practical techniques and strategies, enabling participants, despite their circumstances, to feel more confident in their ability to meet whatever challenges they face.

Quest For Life - Media  
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