# Get Ready, Plan Ahead

## A project to support people with disability to begin their own plan for emergencies and disasters.

Do you want to know more about making a plan for your safety and wellbeing in an emergency or disaster?

Come Along to two P-CEP workshops happening at Upper Coomera Community Centre

1. Learn about the four steps to help you get prepared for an emergency or disaster.
2. Learn about disaster risks in the Gold Coast area, and where to go for information.
3. Start your own emergency plan using the Person-Centred Emergency Preparedness workbook (P-CEP).

### Workshop 1 & 2: Upper Coomera Community Centre

**Date:** Thursday 21st of October & Thursday 18th of November

**Time:** 12:30pm to 4:30pm

**Where:** Upper Coomera Community Centre, 90 Reserve Rd, Upper Coomera QLD 4209

This project is jointly funded under the Commonwealth/State Disaster Recovery Funding Arrangements.

