# 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 Mermaid Beach 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: Mermaid Beach Community Centre

**Date:** Thursday 19th of October & Tuesday 16th of November

**Time:** 11:30am to 3:30pm

**Where:** Mermaid Beach Community Centre, 2439 Gold Coast Hwy, Mermaid Beach, 4218

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