

Workshop heals cyclone trauma - Fiji Times Online

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REFRESHED and ready is how villagers from cyclone-affected areas in the Western Division described a two-day trauma healing workshop that ended yesterday.

The workshop was facilitated by Foundation for Rural Integrated Enterprises & Development (FRIEND), an NGO that has been working with cyclone-affected communities since Severe Tropical Cyclone Winston in February this year.

FRIEND director Sashi Kiran said the workshop was part of the rehabilitation process in trying to heal the trauma that villagers who were in the direct path of Severe TC Winston had gone through.

Nayavutoka Village youth member Anasa Turuva said he was lucky to be a part of the workshop.

"Two people died in my village during Winston and dealing with that was really hard," he said.

"It was hard especially when we had to deal with the damage that the cyclone did to our village. I came into this workshop not knowing what to expect but I am very glad I came because through the exercises we did and the sharing, I feel very good now and I intend to go back and share with my fellow youths and villagers what I have learnt here."

Veidrala Village headman Samisoni Toga said the workshop had opened his eyes to many things.