

Grief and Loss Support Group

Information/Taster Sessions

Thursday 16th or 23rd August

9 weekly sessions
on Thursday mornings
starting 30th August

After completing this registration form,
please [post it](#) to:

Dr Alison Wishaw
Support Group Coordinator
New Mornings
P.O. Box 180
Ulverstone, 7315

You may also forward the information
[by email](#) to:

alison.wishaw@newmornings.org.au

or leave a [phone message](#) at the New
Mornings office: **6411 6212**

"Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness." (Lamentations 3:22-23)

New Mornings

WHO ARE WE?

New Mornings is a Christian, community-based mental health support organisation in Ulverstone, North West Tasmania.

New Mornings' services are available to all community members without discrimination.

WHAT DO WE DO?

New Mornings' community-based activities include:

- Support groups for men and women
- Group programs for high school students
- Mentoring programs for school students
- Community mental health seminars

NEW MORNINGS PRIVACY POLICY

Personal contact details will be stored in the New Mornings database. This information may be used to:

- Contact you about upcoming New Mornings events
- Contact your emergency contact person if needed

Subject to the relevant State and Federal laws, this information will not be intentionally provided to a third party external to New Mornings without your written consent. All other personal information provided to support group facilitators will remain confidential.

New Mornings

14 Amherst St (P.O. Box 180)
West Ulverstone, Tasmania, 7315

Phone: 6411 6212

Email: admin@newmornings.org.au

Website: www.newmornings.org.au

Grief and Loss



SUPPORT GROUP

9 weekly sessions

Starting on 30th August 2018

Try out the group beforehand...

**Come along to an
Taster Session**

on Thursday 16th or 23rd August

Venue

**Ulverstone Presbyterian Hall
59 Main St, Ulverstone**

New Mornings

WHAT IS GRIEF?

Grief is an *emotional reaction to a loss* of some kind. Grief can be experienced in a variety of circumstances, such as:

- Bereavement – death or disappearance of a loved or otherwise significant individual
- Loss of a relationship
- Loss of status, purpose or opportunity

People working through grief may experience: initial disbelief, denial, sadness, anger, guilt, anxiety, not wanting to forget, acceptance of loss, making new plans, finding a new 'normal', looking to the future, valuing and honouring memories.

WHAT IS A SUPPORT GROUP?

New Mornings' Grief and Loss support groups are guided by trained facilitators. They provide a safe and supportive place for people **to meet, share experiences, learn from & encourage each other.**

There will be opportunities to discuss a variety of issues, including: Feelings, Control, Honouring memories, Forgiveness and Transition.

Groups provides support, not therapy. They do not replace professional care by a doctor or counsellor.

WHO IS THIS GROUP FOR?

For people struggling to work through grief after:

- The death or disappearance of a loved one
- Breakdown of a long-term relationship
- Any other significant loss

This group is **suitable** for people experiencing **complicated grief**.

GROUP GOALS

1. To provide a **safe place** to share our feelings, thoughts and concerns
2. To learn to identify and express our feelings appropriately
3. To learn healthy communication skills (listen better and share more effectively with others)
4. To treat ourselves and others with respect
5. To understand the 'tasks of mourning' after bereavement and to develop healthy strategies for working through the grief process

WHAT MAKES THE GROUP SAFE?

Group Guidelines:

- Group members must make a confidentiality pledge. Personal details shared in the group may **NOT** be repeated outside the group.
- No 'put-downs' or judging of self or others
- No interrupting while someone is speaking

WHEN, WHERE & COST?

When: 10.00 am - 12.00 pm on Thursdays, starting on Thursday 30th August

Where: Ulverstone Presbyterian Church Hall
59 Main St, Ulverstone

Cost: Donation

PRE-GROUP CONTACT

Dr Alison Whishaw (Support Group Coordinator) will contact you before the group program starts to assess your needs and answer any questions.

REGISTER YOUR INTEREST

Grief and Loss Support Group

(Aug - Oct 2018)

Name: _____

Address: _____

Phone: _____ Mobile: _____

Email: _____

I would like to:

Find out more about the Grief and Loss group

Attend an Information Session

on Thursday 16th August

or Thursday 23rd August

Bring someone with me to the information session (friend, relative, other supporter)

Attend the 9-week Grief and Loss Support Group starting on 30th August

I agree to being contacted by the New Mornings' Support Group Coordinator **for a pre-group phone conversation.**

I understand that any personal information I provide will be treated confidentially.

Signature: _____ Date: _____

To send your registration form to New Mornings by mail or email, or to leave a phone message:

See our contact details over the page >>>

