



Grief and Loss Support Group for Women

October – December 2019

Are you or someone you know struggling with grief?

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.*

These groups are 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



New Mornings
Healthy minds. Thriving communities.

Grief and Loss Support Group

When:

10 am - 12 noon on Fridays
Group runs for 9 weeks,
starting 18th October 2019

Where:

Pathway House
22 Nicholls St, Devonport

Cost: Donation

Register:

By Thursday 10th October

Late registration may be possible if there are spaces are left, but no new members can join after week 2 of the 9 week program.

Bring a Support Person

You may bring a **support person** with you to the first session if you would like to, but this is **optional** 😊

For more information, contact:

Dr Alison Whishaw

at

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

