

Grief and Loss Support Group

9 weekly sessions
on Thursday mornings
starting 5th March

You may bring a support person
with you to the first session
if you wish to 😊

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

Dr Alison Whishaw
Support Group Supervisor
New Mornings
P.O. Box 180
Ulverstone, 7315

or [email](#) the information to:
alison.whishaw@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)



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.



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 for Women

9 weekly sessions

Starting Thursday 5th March 2020

Register by Wednesday 26th February

You may bring a support person
with you to the first session (optional)

Venue

Ulverstone Presbyterian Hall
59 Main St, Ulverstone



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 Moving Forward.

Groups provide 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 loss and 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 5th March

There will a two week break over the school holidays, so no group sessions on Thursdays 16th and 23rd April.

The final session will be held on 14th May.

Where: Ulverstone Presbyterian Hall
59 Main St, Ulverstone (opposite car wash)

Cost: Donation

REGISTER YOUR INTEREST

Grief and Loss Support Group

Name: _____

Address: _____

Phone: _____

Mobile: _____

Email: _____

I would like to attend the group starting on Thursday 5th March. **I understand I must attend at least one of the first two sessions** (as no new members can join the group after week 2).

I would like to bring a support person with me to the first session (e.g. friend, relative, support worker) – this is optional

I agree to being contacted by the New Mornings' Support Group Supervisor (Dr Alison Wishaw) **to organise a pre-group conversation** to assess my needs and answer my questions. This can be done **by phone or appointment at New Mornings.**

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 >>>

