

Grief and Loss Support Groups

Women's Groups
and Men's Groups

9 or 10 weekly sessions

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

After completing this expression of
interest form, please [post it](#) to:

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

Or [email](#) the information 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
Healthy minds. Thriving communities.

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 GROUPS

Men's Groups &
Women's Groups

Where?

Ulverstone or Devonport

Other locations may be possible on
request if there is significant interest



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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 loss 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: Groups run twice per year

Please contact New Mornings for the dates of the next program.

Where:

- Groups are generally run in Ulverstone and Devonport
- Other locations could be considered if there were enough interested people to form a group

Cost: Donation

REGISTER YOUR INTEREST

Grief and Loss Support Groups

Name: _____

Address: _____

Home phone: _____

Mobile: _____

Email: _____

I would like to:

Find out more about New Mornings' Grief and Loss groups

Attend a Grief and Loss group:

Women's Group **Men's Group**

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

I agree to being contacted by the New Mornings' Support Group Coordinator **for a pre-group phone conversation** to assess my needs and answer my questions.

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

Signature: _____

Date: _____

This form can be returned to New Mornings by mail or email, or you may leave a phone message for us to contact you.

See our contact details over the page >>>

