

Grief and Loss Support Group

9 weekly sessions
on Thursday mornings
starting 29th April

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 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)



**Increasing Community
Capacity for Good Mental Health**

Who Are We?

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

What Do We Do?

New Mornings' community-based activities include:

- SWIFT (Supporting Wellness in Families Together)
- Mentoring programs for school students
- Grief and Loss Support groups
- First Steps Lounge (for women)
- New Hope Garden (for reflection and wellbeing)
- NDIS mental health support – individual and group

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

In accordance with the relevant government laws, your information will not be intentionally provided to a third party by New Mornings without your written consent.



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 29th April 2021

Register by Monday 26th April

You are welcome to 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.

Whilst these groups provide support, 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:

- 9.30 am - 11.30 am on Thursday mornings
- **First session** will be held on 29th April
- Most groups run for 9 weeks, but sometimes an extra session is included making it 10 weeks
- **Final session** will be held on 24th June or 1st July

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

Cost: Standard - \$45; Discounts available; No-one will be excluded due to financial difficulty.

REGISTER YOUR INTEREST

Grief and Loss Support Group

Name: _____

Address: _____

Phone: _____

Mobile: _____

Email: _____

I would like to attend the group starting on Thursday 29th April. **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 to organise a pre-group appointment to assess my needs and answer my questions. This will be a bulk-billed appointment with Dr Nerrelie Cann at the New Mornings office.

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 >>>

