



Grief and Loss Support Group for Women

June – August 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 Thursdays
Group runs for 9 weeks,
starting 20th June 2019

Where:

Ulverstone Presbyterian Hall
59 Main St, Ulverstone

Cost: Donation

Register:

By Monday 17th June

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

Bring a Support Person

You are welcome to bring a support person with you to the first session 😊

For more information, contact:

Dr Alison Whishaw

at

New Mornings

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