

# Grief and Loss Support Group

9 weekly sessions

on Friday mornings  
starting 18<sup>th</sup> October

Bring a support person  
with you to the first session 😊

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

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

You may also forward the information  
[by email](#) to:

[alison.whishaw@newmornings.org.au](mailto: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 facilitators will remain confidential.



14 Amherst St (P.O. Box 180)  
West Ulverstone, Tasmania, 7315

Phone: 6411 6212

Email: [admin@newmornings.org.au](mailto:admin@newmornings.org.au)

Website: [www.newmornings.org.au](http://www.newmornings.org.au)

# Grief and Loss



# SUPPORT GROUP For Women

9 weekly sessions

Starting Friday 18<sup>th</sup> October 2019

Register by Thursday 10<sup>th</sup> October

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

## Venue

Pathway House  
22 Nicholls St, Devonport



## 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 Fridays, starting on Friday 18<sup>th</sup> October

**Where:** Pathway House  
22 Nicholls St, Devonport

**Cost:** Donation

## PRE-GROUP CONTACT

Dr Alison Wishaw (Support Group Supervisor) will contact you before the group program starts to assess your needs and answer any questions.

## REGISTER YOUR INTEREST

### Grief and Loss Support Group

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

I would like to attend the group starting on Friday 18<sup>th</sup> October. **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)

**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 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 >>>**

