



# Grief and Loss Support Group for Men

September - November 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.**

**This group is for men who are struggling to work through grief after:**

- \* The death or disappearance of a loved one
- \* Breakdown of a long-term relationship
- \* Any other significant loss



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## Grief and Loss Support Group

### When:

7 pm – 9 pm on Thursdays.

Group runs for 10 weeks:

- Starts 5<sup>th</sup> September.
- Break for school holidays (first 2 weeks of October)
- Finishes 21<sup>st</sup> November

### Where:

Eugenana Room, Paranaiple Centre  
137 Rooke St, Devonport

**Cost:** Donation

### Register:

By Friday 30<sup>th</sup> August

Late registration may be possible if there are spaces are left, but no new members can join after week 2 of the 10 week program.

You may bring a **support person** with you to the first session if you would like to, but this is **optional** 😊

For more information, contact:

**Dr Alison Wishaw**

at

**New Mornings**

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