

Supportive Hearts Bereavement Group



Are you grieving the death of your spouse or partner?

If so, you're invited to be part of our support group to assist you in your grief journey. In the group, you will likely find the following:

- Emotional support in a safe and non-judgmental environment.
- Understanding from others who have experienced a similar loss.
- Coping skills to help you through the most difficult days of your grief journey.
- Hope through companionship with people who understand first-hand what you are going through.
- Permission to grieve and encouragement to live a meaningful, productive life.

If you would like to join our Monthly Support Group, or require more information, please contact us below.

Please call Rita at Solo Parent Services on

PH: 8843 2500

E-mail: soloparentservices@ccss.org.au



DATE: 3rd Wednesday each Month (Feb – Nov)

TIME: 10am – 12noon

COST: \$5.00

VENUE: Monthly Zoom gathering or in person meetings at Parramatta, depending on Covid Restrictions.

Please Note: REGISTRATION ESSENTIAL

"Grief is not a disorder, a disease or a sign of weakness. It is an emotional, physical and spiritual necessity, the price you pay for love. The only cure for grief is to grieve."

Earl Grollman