

BEREAVEMENT SUPPORT PROGRAM

For men and women who grieve the death of their spouse or partner



This seven session program is aimed at men and women whose spouse or partner have died. It will help to further understand and come to terms with the many ways in which grief impacts on their lives after the death of their loved one.

It's an opportunity to ask questions, explore and be supported by others in similar circumstances while learning about how grief unfolds and how best to deal with the unsuspecting challenges and difficulties of this painful journey.

*When we are listened to with empathy, We are consoled in our grief,
Our loneliness is alleviated and connections are created amongst us.*

Topics for each Session

Session 1: Physical Effects of Grief

Session 5: Tasks of Grieving

Session 2: Images and Frameworks for the Grieving Process

Session 6: Is it Grief or Depression?

Session 3: Dealing with Intense Emotions

Session 7: Continuing Bonds and Closing Ritual

Session 4: Social Effects of Grief

BOOKINGS ESSENTIAL: Please contact: Rita Chater
Catholic Care Western Sydney and Blue Mountains PH: 8843 2500
Email: rita.chater@ccss.org.au



VENUE: St. Bernadette's Parish
367 Old Northern Road
Castle Hill NSW, 2154

DATE: 7 Weekly sessions on Thursdays from
11th August - 22nd September 2022

TIME : 10am - 12pm