

Next Course:

commences on
Wednesday October 22nd 2014 and runs for 8
weeks

Attendance at all sessions is recommended

Time: 10.00 am until 12.00 noon

Venue: Community Health Building
Koroit Street
Warrnambool

Cost: \$20.00 full fee
\$16.00 concession

Morning Tea provided

To get further information or to register phone:

Bev Quinn 5564 4181

**BEREAVEMENT
SUPPORT PROGRAM
2014**



“Partners Bereaved”
Exploring the Journey of Grief
in 8 group sessions

The next course commences
Wednesday October 22nd 2014
at South West Healthcare
Community Health Building

“Partners Bereaved”

The Living Through Grief Partner's Program offers support for people whose partners have died.

The needs of a person going through one of life's biggest challenges are many and varied. There is no single “best way” to help someone adjust to the death of their partner.

Some people need individual attention, others may prefer a group program, while some need to be left alone for a time.

All bereaved people need to be able to choose for themselves those methods of support they feel would be helpful.

Partners Bereaved is beneficial for those preferring group support.

Listening, mutual support, and information are all important features of the program. It provides an opportunity for bereaved people to discuss their experiences in a comfortable environment thereby enabling the person to learn more about the grieving process.

The *Living Through Grief Partner's Program* is designed to reassure, support and familiarize participants with the grief process. The program acknowledges the right of each individual to express grief in his or her own way. The program is non-judgmental and considers there to be no fixed “timetable” for grief.

Between 6 and 12 people will participate in the course which is run over 8 weeks on a weekly basis.

It is recommended that there be a minimum of 3 months between the partner's death and participation in this grief program.

Some comments from previous course participants:

I appreciated the genuine support from the other group members.

I feel much better now that I have been able to share with others who have been through the same experience.

I am feeling much more confident about myself than when it started As you see others coping you realize it can be done.

Can I sign up for another course now that this one is over!

So much has changed as a result of participating in this program.

I was able to get my feelings out to people who understood where I was at.

I thought I was dealing with my grief well, but during the group I realized that I wasn't.

I can only express just how much better I feel compared with how I was prior to doing the program.

Program Facilitator:

The facilitator for this program is Bev Quinn, a counsellor, from the Community Palliative Care Psychosocial Team. She is experienced in group facilitation, individual and family counselling, as well as bereavement education and support.

For further information about the course contact: