

Bereavement - Living with Loss

4-week group course

Facilitator:

Hayley Tuck (BSc Nursing, AGBC Cert Bereavement Support Groups, Co-Manager Solaris Cancer Care Bunbury)

With Support From:

Evelyn Hall (RN BSc Palliative Care)

Have you experienced the loss of someone close to you?

Find out how this 4-week group course can support you.

Dates

Fridays on:

Oct 11th, Oct 18th, Oct 25th, Nov 1st

Time

10.00am - 12.00pm

Venue

Bridgetown

To Book

Please phone 9791 1559

Support. Compassion. Care.

Solaris Cancer Care South West: 72 Brittain Road, Bunbury WA 6230 T 9791 1559 | E csmsw@solariscancercare.org.au W solariscancercare.org.au



This group course will allow you to express and process your experience in a supportive, professionally facilitated group, with others who have experienced the great pain of loss.

We believe that grief doesn't go away, it stays with you, and you learn to live around it.

Through discussions you will gain skills in identifying emotions, share ideas about how to honour and remember your loved one, and learn practical coping skills.

To Book

Please phone 9791 1559 or email <u>csmsw@solariscancercare.org.au</u>