



# Grief and Loss Support Group

Loss can come in many forms – we can grieve over anything from the death of a loved one, to the loss of a job, home, pet or relationship. Even losing our sense of independence or freedom can lead to feelings of grief. While these emotions are completely normal, that doesn't mean they're easy to cope with, and it can take some time to adjust and move on. At Lifeline Northern Beaches, that's what we're here to help you do.

This four-week group, can help you understand your grief, and learn how to harness your inner strengths to move on.

We cover topics including:

- **Understanding grief**
- **Anniversary dates**
- **Anger and guilt**
- **Physical and emotional reactions**
- **Recovery**
- **Lessons learned**

No referral necessary. Bookings essential.

## 2024 Group Dates:

### **Adult Group (18+ years)**

**When:** Wednesdays, 2:00-4:00pm

**Dates:** 15 May – 19 June 2024  
(6 weeks)

**Where:** Lifeline Northern Beaches,  
310 Sydney Rd, Balgowlah

### **Who can attend?**

If you live, work or study in the Northern Beaches or Lower North Shore.

Further eligibility criteria applies. Contact Lifeline Northern Beaches on **02 9949 5522** for more information. Bookings essential.

**How much does the group cost?**  
\$10 per session



Lifeline Northern Beaches is a not-for-profit organisation that provides free crisis support and suicide prevention services. Our office in Balgowlah provides a wide range of face-to-face services: including personal counselling, financial counselling, support groups, and the Community Visitors Scheme. See website for more info.

For further information  
contact Lifeline Northern Beaches  
Phone 02 9949 5522  
Email [counselling@lifelinenb.org.au](mailto:counselling@lifelinenb.org.au)  
[www.lifelinenb.org.au](http://www.lifelinenb.org.au)



Crisis Support. Suicide Prevention.