

OUR PROGRAM

New Mornings' Grief and Loss support groups are guided by trained facilitators.

They provide a safe and supportive place for people to meet, share experiences, learn from and encourage each other.

There will be opportunities to discuss a variety of issues, including:

Feelings, Control, Honouring memories, Forgiveness and Personal growth

Support groups do not replace professional care by a doctor or counsellor

Our programs run for 9 - 10 Weeks

Contact us to organise an appointment with one of our doctors to discuss your needs and answer your questions

This appointment will be bulk-billed

You may bring a support person with you to your appointment and to the first group session

“ You can't numb these hard feelings without numbing all of our emotions. You cannot selectively numb emotion. So, when we numb those hard feelings, we numb joy, we numb gratitude, we numb happiness. ”
- Brené Brown

OUR VISION STATEMENT

To see thriving, productive, North West Tasmanian communities with excellent mental health.

New Mornings is a Christian, not-for-profit mental health support organisation based in Ulverstone.

We are committed to the safety and wellbeing of every program participant.



PROGRAM DATES

August - October 2022 in Ulverstone

Group starts Tuesday 9 August

Register by Thursday 28 July (places are limited)

When: Tuesday 2 pm - 4 pm (9-10 weeks)

(Note: Group will not meet on Tuesday 13th September due to a grief seminar being held in Devonport)

Where: Ulverstone Presbyterian Hall
59 Main St, Ulverstone (opposite car wash)

Cost: Donation - suggested \$5 per week (if able)
(No-one will be excluded due to financial difficulty)

CONTACT US

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Grief Support Group for Adults

“ Grief is like the ocean; it comes on waves, ebbing and flowing. Sometimes the water is calm, and sometime it is overwhelming. All we can do is learn to swim. ”
-Vicki Harrison



mental health | grief & loss



WHAT IS GRIEF?

Grief is an emotional reaction to a loss of some kind

Common losses resulting in grief include:

- Bereavement - due to the death or long term disappearance of a significant person
- Loss of relationship
- Loss of status, purpose or opportunity

Grief can sometimes be disenfranchised:

This occurs when someone's loss or their experience of grief isn't recognised or understood by other people.

People's journey through grief may include moving back and forth between the following:

- Denial
- Acceptance
- Painful emotions such as sadness, anger and guilt
- Fear of forgetting
- Feeling stuck
- Adjusting to their "new normal"
- Learning to honour past memories, whilst also starting to make new ones.



SUPPORT GROUP GOALS



TO PROVIDE A SAFE PLACE TO SHARE FEELINGS, THOUGHTS AND CONCERNS



TO LEARN TO IDENTIFY AND EXPRESS OUR FEELINGS APPROPRIATELY



TO LEARN HEALTHY COMMUNICATION SKILLS



TO TREAT OURSELVES AND OTHERS WITH RESPECT



TO UNDERSTAND THE 'TASKS OF MOURNING' AFTER LOSS AND DEVELOP HEALTHY STRATEGIES FOR WORKING THROUGH THE GRIEF PROCESS

GROUP GUIDELINES

We seek to create a safe space for people to share their stories, make new friends and learn skills and strategies to help them through their healing journey

Confidentiality

Group members must make a pledge of confidentiality to not share other people's stories or personal details outside the group.

Respect

Treating ourselves and others with respect and dignity by avoiding 'put-downs' to self or others; not judging or analysing each other; allowing time for everyone to be able to share and not interrupting while someone is speaking.

Commitment

To get the most out of the group, commitment is important. It is ideal to attend the group each week as each session builds on the previous one.



WHO IS THIS GROUP FOR ?

For people who are struggling to work through their grief six months or more after a loss of any kind

It is suitable for people whose grief is complicated by anxiety or depression