

. GRIEVING YOUR WAY .

a reflective workshop for christian women

event details

Saturday 20th August 2022

9.30 am Registration
10 am - 4.30pm

Trevallyn Life Church
34-36 Pitt Avenue, Launceston

*Coffee on arrival
Morning and Afternoon tea provided*

BYO Lunch or pre-order with registration

\$65 registration (12 August)
\$45 early bird registration (22 July)
\$85 late registration

Places are limited

speakers

Karen Mace

Karen has walked the grief journey with many who suffered loss. While a missionary in South America, Karen witnessed the untimely deaths of two of her children. As a registered nurse, missionary and psychotherapist, Karen understands the different forms and shapes grief takes as we each navigate our individual grief journey and path to healing.

Dr Alison Whishaw

After 12 years in General Practice and a personal mental health crisis, Dr Whishaw changed her professional focus to mental health. As a GP counsellor and mentor, she has worked with and walked alongside many people with complex and prolonged grief. Alison is currently the Grief Support Coordinator for New Mornings.

morning session

Grief and Mourning

**WORSHIP . DISCUSS
LEARN . SHARE
REFLECT**

"The reality is that you will grieve forever. You will not 'get over' the loss of a loved one; you will learn to live with it. You will heal, and you will rebuild yourself around the loss you have suffered. You will be whole again, but you will never be the same. Nor should you be the same, nor would you want to."

Elizabeth Kubler-Ross and John Kessler

afternoon electives

Reflective Writing

Karen Mace

Writing has been an important therapy for Karen in her own journey. In this workshop you will begin to see how writing might also be a powerfully therapeutic way for you to navigate each step of your grief walk.

Comfort and Connection through the Loneliness of Grief

Dr Alison Whishaw

This elective provides opportunities for sharing, discussion and Biblical reflection around the loneliness of grief, God's comfort through difficult times and how to build new connections as you 'grow around your grief'.

tickets | [eventbrite.com](https://www.eventbrite.com)

presented by  **New Mornings** 03 6411 6212
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