

UPDATE

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A GRIEVING COMMUNITY

providing care and understanding

GRIEF IS NOT A DISORDER, A DISEASE OR A SIGN OF WEAKNESS. IT IS AN EMOTIONAL, PHYSICAL AND SPIRITUAL NECESSITY, THE PRICE YOU PAY FOR LOVE. THE ONLY CURE FOR GRIEF IS TO GRIEVE. EARL GROLLMAN

- Are you grieving or struggling to recover from a loss? Are you feeling alone?
- Has someone died or did a relationship end?
- Have your dreams been shattered?
- Is someone you care for struggling with grief?
- Do you support grieving people in the course of your work?

Our world is a challenging place to live. Loss is common and so is grief. As a society Australians don't always grieve well.

This event will provide information and practical strategies for those who are grieving and for those who would like to support them

register at [eventbrite.com](https://www.eventbrite.com)

registration details

Tuesday 13th September

9.30am - 4.30pm

The Don Centre

100 Don Rd, Devonport

Community members: FREE

Must register via Eventbrite

Use promo code: SPEC-NM3

Service Providers:

\$95 early bird (until 9 September)

\$135 standard (after 9 September)

Registration includes session notes, morning tea and afternoon tea.

Lunch may be purchased at the Don Centre café or BYO.

Contact the New Mornings office:

If you have difficulty registering online

For service provider group discounts

keynote speakers

Dr Alison Wishaw (New Mornings)



After 12 years in General Practice, Alison changed her focus to Mental Health. As a GP counsellor, supervisor and mentor, she has worked with and walked alongside many people with complex and prolonged grief. Alison founded New Mornings in 2006, where her current roles include Clinical Team Leader and Grief Support Coordinator.

About Grief - What do we need to know?

This presentation will provide a foundation for the sessions to follow, including: What is Grief? How does it affect us? How can we mourn our losses? How do I know if someone needs professional help?

Tracey Martin Cole (Psychology CAFFE)



Tracey is an experienced psychologist, supervisor and founding director of Psychology CAFFE, a specialist service for child and family work, and trauma informed practice. Psychology CAFFE has supported the mental health of our local community for 12 years, including after several recent traumatic events in NW Tasmania. It was the Australian Paediatric Team Excellence Award Winner (2021).

Children's Grief - What they would like us to know

This presentation will include the ages and stages of grief after loss for children and young people: What is important to know? How can we help? How can I know when to seek additional help?

Hosted by  **New Mornings** 03 6411 6212 | admin@newmornings.org.au
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St Vincent de Paul Society
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Psychology CAFFE



Rural Health Tasmania



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electives

- **Support Group Taster Session**
- New Mornings Grief Support Team
New Mornings Grief Support Groups provide a safe, supportive space for people to meet, share experiences, learn from and encourage each other. This is an opportunity to try out a group session, to see if it may be helpful for you in your grief.
- **Grief after Relationship Breakdown** - Trish McDonald
Consider your relationship breakdown beyond the emotions, behaviours and anxieties. This interactive session will explore feelings experienced across a range of circumstances and provide knowledge and practical strategies to help explore, evaluate and rebuild your life.
- **Carers Grief** - Trish McDonald
Being a carer can be challenging - physically, emotionally and mentally. This interactive session will explore anticipatory grief, compassion fatigue and burnout. Learn the art of self-care whilst caring for a loved one who may be chronically ill or facing a life limiting illness.
- **Self-care through Grief** - Dr Nerrelie Cann
In this session you will be encouraged to give attention to the basics of rest, gentle exercise, nourishing food and connections with others. There will also be a practical self-care activity.
- **Grief after Loss of a Child** - Baxter Adams & Caitlin Cocker
For parents who have experienced death of a child, this session will help you to better understand your experience of grief and learn some strategies to help you along your ongoing journey.
- **Grief after Loss of a Child** - Baxter Adams & Caitlin Cocker
For people who work in support roles with families, this session will focus on the importance of validation over problem-solving whilst supporting a grieving family after loss of a child.
- **Relational Conflict through Grief** - Dr Alison Wishaw
Why do so many relationships struggle when people are grieving? Come and find out why this is so common and discuss some practical ways to minimise these challenges.
- **Practical Support in Grief**
- New Mornings Grief Support Team
Support systems are very important during grief, but not all support provided actually hits the mark. In this session you will gain practical strategies to help you support others on their grief journey.
- **Supporting someone affected by Suicide** - Rod Lambert
This elective will explore: What is suicide, how grief after a suicide death may be different, how to support others through this experience and the importance of practicing self-care whilst caring for others.
- **Supporting Clients after Traumatic Bereavement**
- **Caring for Others and Self** - Wendy Ellsmore
In this interactive session, we will discuss how traumatic loss may complicate grief, and how we can support clients through this. What are vicarious trauma, burnout and compassion fatigue? How can we practice self-care when working in this field? Please bring your questions along to this session.

electives information

Electives sessions have been marked and colour-coded as suitable for one of three streams:

- People experiencing personal grief
- People desiring to better support others
- People who support others in their work role

elective speakers

Trish McDonald (Rural Health Tasmania)



Trish is a qualified social worker and counsellor. She has worked with a number of different organisations, and is currently a grief, loss and mental health counsellor with Rural Health Tasmania.

Dr Nerrelie Cann (New Mornings)



Nerrelie has been a General Practitioner at Patrick Street Clinic, Ulverstone for almost 20 years and is interested in the interaction between physical and mental wellbeing. She also has a part-time role at New Mornings, assisting with the Grief Support program.

Baxter Adams (Psychology CAFFE)



Baxter is the Principal Psychologist at Psychology CAFFE. He is interested in holistic approaches to mental health, and committed to working with children and families in rural communities.

Caitlin Cocker (Psychology CAFFE)



Caitlin is a registered psychologist who has worked with Department of Education, specialised paediatric services and Psychology Caffe (locum role). She is interested in working with children with past trauma and emotional regulation difficulties.

Rod Lambert (Standby Response Service)



Rod has worked in suicide prevention and bereavement for almost 20 years. Previously the Tasmanian Coordinator of the StandBy Support After Suicide Service, he now continues in a number of casual roles with this service in his semi-retirement.

Wendy Ellsmore (Coastal Psychology)



Wendy is a counselling psychologist with decades of experience working with children, adolescents, adults, couples and families in many settings. These include schools, hospital, private practice, Vietnam Veterans' and Victims of Crime Counselling Services.