

# GRIEF COMPANION TRAINING



I DON'T KNOW WHAT IT FEELS LIKE TO HAVE SOMEONE IMPORTANT DIE...



I DON'T WANT TO SAY THE WRONG THING AND MAKE IT WORSE...



I DON'T KNOW WHAT TO SAY BUT I CAN'T KEEP ON AVOIDING HER...



I DON'T KNOW WHAT I CAN DO TO HELP THEM...



I DON'T UNDERSTAND WHY HE'S NOT OVER IT BY NOW...

**DO YOU KNOW PEOPLE WHO ARE GRIEVING?  
WOULD YOU LIKE TO LEARN HOW TO SUPPORT THEM?**

## SEMINAR DETAILS

**Where:** Ulverstone Baptist Hall  
(60 Alexandra Rd, next to The Clock)

**Dates:** Day 1 - Saturday 20<sup>th</sup> May  
Day 2 - Saturday 3<sup>rd</sup> June

**Time:** 9.30 am - 4.30 pm

**Cost:** (includes lunch and refreshments)  
Day 1 \$75 (Concession \$55)  
Days 1 and 2 \$120 (Concession \$85)

**For more information:** Please contact New Mornings - email address & phone number below.

## DAY 1

Grief, loss and mourning overview  
The wide-ranging impacts of grief  
Introduction to grief support  
Listening skills 1  
Indications that professional help is needed

## DAY 2

Models of grieving and mourning  
Different grieving styles  
Relational conflicts through grief  
Listening skills 2  
Self-care as a grief companion

**Presenters: Dr Alison Wishaw, Kym Blencowe & Rod Lambert**

**Saturdays  
20<sup>th</sup> May  
and  
3<sup>rd</sup> June  
in  
Ulverstone**