

Online Bereavement Group



Calvary Health Care Bethlehem's Online Bereavement Support group is a free 7 week online program for people who have cared for someone who died in the last 12 months.

Sessions are facilitated by our experienced bereavement counsellors, social workers and pastoral carers.

The discussions we have involve:

- Listening and sharing personal experiences
- Normalising the grief journey
- Reducing feelings of isolation
- Discovering personal strengths
- Building resilience
- Creating social networks
- Connecting to other useful resource

Group Dates:

Weekly on Tuesday 21st February 2023 – Tuesday 4th April from 4 – 5.30pm.

RSVP by Friday 10th February.

To register your interest, please complete the online form:

<https://www.calvarycare.org.au/public-hospital-bethlehem/online-bereavement-group/>

or use this QR code



For more information, please phone 98349319 or email:

Bet-BereavementSupport@calvarycare.org.au

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