

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 resources

Group Dates:

Weekly starting on Thursday 18 July –Thursday 29 August 3.30-5pm weekly for 7 weeks

RSVP by Thursday 4 July

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

- ❖ Please note if you are unable to attend these times there will be another group running later in the year and you are welcome to email your interest for this.

This group is part of the Calvary Bethlehem Support for Pallcarers Program funded by the Victorian Government

