

COVID-19 Grief Support Group

The COVID-19 Grief Support Groups has been established to support adults who are grieving the loss of a significant person in their life due to COVID-19 or those whose grief experience has been significantly impacted by the pandemic.

The COVID-19 experience has been challenging for many, and particularly those who have experienced the death of someone significant in their lives.

Grief Support Groups are a safe and inclusive therapeutic space for participants to discuss themes and topics related to grief and loss, with a specific COVID-19 focus, and provide each other with emotional, practical and moral support.

The COVID-19 Grief Support Groups will be facilitated by Specialist Bereavement Counsellors with experience in grief and loss clinical practice.

The COVID-19 Grief Support Groups are closed groups with a maximum of eight members.

Participants are strongly encouraged to attend six sessions over a six month period. The groups are free and anyone who has been impacted by COVID-19 is eligible to attend.

All participants will need to undergo an intake assessment, to determine their readiness for group therapy.

If you would like further details please contact:
1800 222 200 or register your interest
directly online via **Add.Me**.

"The strength of support groups are in the connection and understanding that come from shared narratives"

Enquiries

Australian Centre for Grief and Bereavement
Monday – Friday | 9AM – 5PM AEST

Freecall: 1800 222 200

Email: info@grief.org.au

Website: aged.grief.org.au



The Australian Centre for Grief and Bereavement respectfully acknowledges the traditional and historical owners of country throughout Australia and pays its respects to the ongoing living cultures of Aboriginal people.

We acknowledge all traditional custodians, their Elders past, present and emerging, and we pay our respects to their continuing connection to their culture, community, land, sea and rivers.