

FREE Thursday Grief Support Group

**Zoom Membership Not Required
7:00pm - 8:00pm Thursdays
Groups are in English**

Grief is different for everyone. Each loss matters, and every story deserves to be heard. Here, we share our experiences, support each other, and heal together. No pain is too big or too small.

All members must be 18+



Learn More Scan Code

Book Via Code
OR
Book Via Website

www.forgeclarity.com.au

What We Cover in Group

Acknowledging Your Loss, Emotional Release Techniques, Honouring Memories, Self-Compassion in Grief, Navigating Loneliness, Physical Care During Grief, Managing Guilt or Regret, Re-imagining Purpose, Coping with Triggers and Embracing Growth.