



COVID-19 CHECK-IN SESSIONS

Regular online support sessions from accredited mental health professionals and grief counsellors

*ARE YOU FINDING IT
HARDER TO COPE WITH
YOUR GRIEF DURING THE
COVID-19 CRISIS?*

*ARE YOU ISOLATED FROM
PEOPLE AND ACTIVITIES?*



TO BOOK:

NATHAN MACARTHUR | 0448 245 979
or online via
www.sydneygriefcounselling.com/covid-19-check-in-sessions

WENDY LIU | 0434 436 730 or online
via www.thesession.com.au/covid-19-check-in-sessions

Nathan MacArthur and Wendy Liu are two Grief Counsellors and Mental Health Professionals offering regular, bulk-billed or private, online support sessions for individuals, couples and families experiencing grief.

These sessions will:

- *provide a regular opportunity to connect with a skilled professional experienced in supporting people coping with grief*
- *identify key challenges and help develop new skills to manage these*
- *assist in setting goals, no matter how small, and keep them in focus*
- *connect you to helpful resources or support groups, if needed*

These sessions are:

- *25 minutes in length*
- *can be booked weekly*
- *either bulk-billed with a GP Mental Health Care Plan or purchased for \$59 each or \$329 for six sessions.*