



ONLINE GRIEF INFORMATION SESSIONS

Have questions about grief?

Unsure if what you're thinking or feeling is normal?

Looking for practical strategies to manage your grief?

Want to support someone who is grieving?

Join two specialist Grief Counsellors, Wendy Liu from The Session, and Nathan MacArthur from Sydney Grief Counselling Services, as they answer:

- what are the physical, mental and emotional impacts of grief?
- how long will my grief last?
- how can I manage the practical challenges of bereavement (e.g. deciding what to do with someone's belongings)?
- how do children grieve and how can I support them?
- what are the specific challenges faced by people after the death of a spouse or a parent or a child?
- what strategies will help me cope as well as possible?

The event will end with a live Q&A session.

Find out more by visiting:

www.thesession.com.au/grief-information-sessions

www.sydneygriefcounselling.com/information-sessions