

# GRIEF & LOSS TALK-LINK GROUP



## Were you caring for someone in NSW who has passed away?

Has the person you were caring for passed away in the last year?

Carers NSW is running a Grief and Loss therapeutic group for former carers in NSW. Talk-link is a six week telephone program for adult carers, facilitated by two professional counsellors.

What you can expect to gain from the group:

- \*Explore the nature and process of grief and loss
- \*Discuss changing roles, coping with stress and expressing difficult feelings
- \*Identify support systems and how to rebuild following a loss

WHEN: Tuesday 5th November '19

TIME: 2pm - 3pm

FREQUENCY: Weekly for six weeks

WHO: Former carers living in NSW

HOW: Connect via any landline (free) or mobile telephone (mobile rates apply)

Register your interest ASAP (places limited)

For more information or to register

CALL: Carer Line 1800 242 636