

THE HUMAN JOURNEY



Understanding change,
loss and grief



This workshop for community based aged care volunteers and staff will:

- Explore the changes and losses that occur in life
- Examine the meaning of grief
- Reflect on the links between change, loss, grief and behaviours
- Explore bereavement and grief theories
- Identify types of grief and common grief reactions
- Our personal journey - caring for self & others.

When:

Monday
4 November 2019
10:00 am to 1:00 pm

Where:

The Carrington Centre
2 Carrington Square (off Anglo Rd)
Campsie NSW 2194

Facilitator: *Understanding change, loss and grief* will be presented by Louise Hall, Good Grief. The workshop supports aged care workers with the losses they experience in their work.

Cost: Free for CHSP volunteers and \$50 for staff.
Priority of access to CHSP.



CHANGE & LOSS EDUCATION PROGRAMS

Funded by the Australian Government Department of Health

Bookings and enquires **9750 9344** or customerservice@4cs.org.au

