

“Walking Through Grief” ...

FREE
Community Forum

Making sense of grief & loss in our daily lives

Featuring:
Chris Hall

Director of the Australian
Centre for Grief &
Bereavement

*A free forum to
better understand
the healing role of
grief in our lives ...*



Guest speaker: Chris Hall

Grief is most commonly associated with the death of a loved one ...

Yet grief is the natural response to any major change or loss—including sudden trauma, the breakdown of a family or relationship, the loss of a job or financial security, or the onset of a physical or mental illness. But society doesn't readily teach us to express our emotions, and we can be left struggling in isolation, feeling empty, scared and alone and not knowing why. On 16 June 2009, Chris Hall, Director of the Australian Centre for Grief and Bereavement, will be visiting Alice Springs as guest speaker for our free forum, “Walking Through Grief.” The aim of the forum is help raise awareness & create understanding by:

- ◆ acknowledging that loss & grief are part of our daily lives;
- ◆ looking at how we can better live with grief & cope with changes; and
- ◆ exploring the latest developments in bereavement: what is resilience; the role of therapy; benefits of emotional disclosure & seeking support.

Tuesday,
16 June 2009

5.15pm for

5.30-6.30pm

- followed by questions

@ the Gum Tree Room,
Alice Springs Resort
Stott Tce, Alice Springs

**Free drinks & nibbles
will be provided**



Proudly supported by the Mental Health
Association of Central Australia and the
Australian Centre for Grief & Bereavement

Please RSVP by Friday, 12 June 2009
to rita.riedel@mhaca.org.au
or phone (08) 8950 4613



Australian Centre for Grief and Bereavement