

# Online Bereavement Support Group

We are seeking expressions of interest for online bereavement support groups for bereaved people who are living within South Australia. These groups are recommended for people where the death occurred in the past 2 years.

Groups are open to all forms of deaths (e.g. sudden, illness, voluntary assisted dying, traumatic) and relationships (e.g. parent, partner, child, sibling). Depending on interest, groups may be personalised to the type of relationship loss (e.g. partner, parent, or child). People identifying with the LGBTIQ+ community are welcome.

Groups are free of charge and funded by SA Health as a trial.

## Characteristics and benefits of the grief and bereavement online support groups:

- Facilitated by Kate Jurgens, a specialist grief and bereavement counsellor and supported by group assistants with lived experience.
- Group will be a safe space for participants to connect and share with others who can relate to the challenges of loss and grief.
- Group meetings are designed to support participants to learn how to navigate their grief and cultivate self-compassion.
- Feelings of being isolated can reduce through fostering positive and supportive connections.

## Discussion topics include:

- Exploring normative grief experiences.
- Defining the signs of complicated or prolonged grief.
- Understanding the emotions and challenges associated with adjusting to life following someone close dying.
- Ways to support your health and wellbeing while experiencing grief.

## Details:

- Six group sessions, each lasting 2-hours.
- Participants will require access to stable internet connection either on their mobile telephone or computer.
- One group will be run as part of the trial, with a minimum of 5 people required for group to proceed, and a limit of 10 participants per group.

## Start date:

Proposed start date and time (group will proceed with one of the times offered below):

- Sunday December 3<sup>rd</sup> @ 2pm – finishing Sunday January 21<sup>st</sup>, 2024 (2-week break)  
**OR**
- Monday December 4<sup>th</sup> @ 6pm – finishing Monday January 22<sup>nd</sup>, 2024 (2-week break)

**Registrations close 17<sup>th</sup> November 2023:**

Email [kate@adaptivegrief.com.au](mailto:kate@adaptivegrief.com.au) or text/SMS Kate Jurgens on 0492 978 512

**More groups may be offered during 2024 depending on level of interest**