

Greetings to all our fantastic volunteers December 2024

It was lovely to see all that attended the lunch on Friday and for those who could not attend and that I have not been able to meet face to face with as yet, I will be in touch in the New Year to get together.

I wish you all a very happy Christmas and if at all possible please visit or send a card to your recipient close to Christmas Day.



Education & Support Opportunity.

Grief may accompany any experience of loss, change, and uncertainty, including the impacts of illness and ageing.

This presentation will introduce essential skills and knowledge to assist you to recognise and navigate the physical, cognitive, emotional, and relational impacts of grief following non-death related loss. This will include:

- key models and theories of grief, which can be used to educate, validate, and normalise experiences
- strategies and techniques to manage the impacts of grief

There is a webinar on the 29th January from 12-1pm which is free through Anglicare. To be part of the webinar you can do one of two things:

1. You can attend in your own home via ZOOM, to register your interest go to the link below or
2. you can join me at the Uniting Church Hall where I will connect with the meeting and you can participate with me that way. If you do want to join me, I will have to be informed by January 27th (otherwise I will attend from home.)

Sign Up for the Webinar

The speaker is **Dr Nathan MacArthur** Specialist Grief Counsellor, Sydney Grief Counselling Service and there will be a question and answer time at the end.

If you do want to know more about the webinar please call me.

Sincerely, Lee

