

Greetings to all our fantastic volunteers

Another year down and a new one begun, I hope it is a year of learning, growing, creativity, acceptance, support, fun, adventure and most of all love for each and every one of you.

I would like to take a moment to reflect on those that we have lost over the past year and to say to those who have chosen to continue volunteering and have taken on another recipient a great big thankyou.

It is not an easy decision to continue volunteering and meeting new people that you will be caring for and giving your time to, knowing that they may also not be with you for very long. In order to support you in your role, I have registered for the below webinar and would love for you to either join me on the 29th January from 12-1pm at the Merimbula Uniting Church Hall or you can register to attend yourself in your home (details below).

If you do want to join me, RSVP by January 27th (otherwise I will attend from home.)



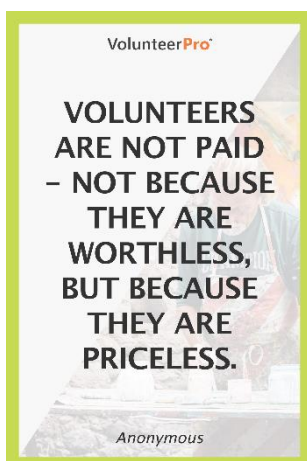
Education & Support Opportunity.

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

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