

For Information and Referral
Contact:

NALAG Gunnedah
Loss & Grief Branch



0429 431 138



nalag@hwy.com.au



PO Box 280
Gunnedah NSW 2380

Office:
36 Abbott St
Gunnedah NSW 2380

www.nalag.org.au

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Be a good listener

Grieving people need to talk about their loss, acknowledge that they have been through a difficult experience. You can't fix their grief but you can be there, hear their story, and share their journey.

Be a shoulder to cry on

Allow them to cry with you, crying helps the release of emotions and this helps with healing.

Be in touch with them

Drop in, call on the telephone and say "I was thinking of you today" write a letter, send an email, remember special days like Christmas, birthdays and anniversaries.

When someone has experienced a loss, there will be big and small adjustments to be made in their lives. These could bring uncertainty, frustration, fear, sadness and change as each new day comes along. Grief is about adapting to change in life, thoughts, hopes, beliefs and the future.

Be a friend

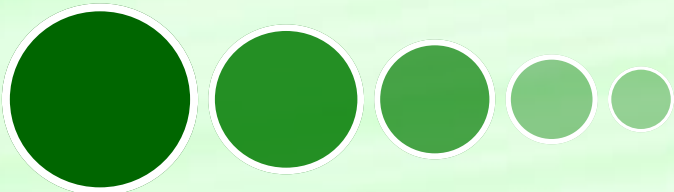
Often being there is all that is needed to support someone who is grieving.

(Adapted from the writings of Doris Zagdanski)

Loss and Grief

Information, Awareness
and Education





NALAG Gunnedah and District Loss & Grief Branch

The NALAG Gunnedah and District Loss & Grief Branch is a voluntary organisation established in response to the needs of the Gunnedah and District community in 2001.

Our Mission

The NALAG Gunnedah Branch undertakes to strengthen the capacity of communities and individuals to improve their well-being following loss, grief and adverse life events.

Our Services

The NALAG Gunnedah Branch aims to assist and support people who are grieving a loss through:

- Information and awareness
- Educational resources
- Education and training in the area of loss, grief and trauma
- Referral service

What is Loss & Grief?

Loss is being deprived of something of value to you. Grief is our response to loss.

Loss and grief can feel like being lost in a maze of conflicting emotions. These feelings are normal following significant loss. Knowing the experience is normal may not take away the pain, but it will increase understanding of what is happening. It is important to know recovery is possible.

Some examples of significant loss are:

- divorce /separation
- relationship breakdown
- retrenchment/unemployment/retirement
- health/amputation/organ loss
- homeland/culture/language
- pet
- possession/burglary/car theft
- disability/loss of independence
- infertility
- miscarriage/pregnancy termination/stillbirth
- adoption
- stolen generation/loss of identity
- losses associated with caring for someone with a chronic or life threatening illness
- dreams/expectations/hopes
- death of a loved one

The NALAG Gunnedah Branch is currently recruiting and training a Grief Support Volunteers to provide Grief Support. We provide a referral information service to other community services or to NALAG (NSW) Inc State Branch for telephone grief support.

Awareness and Education

NALAG Gunnedah Branch is committed to supporting awareness, education and training to volunteers, support workers, students, professionals and the wider public. NALAG attracts both local and national speakers from various disciplines to educate in the area of loss, grief and trauma.

Specific Educational Programs Include:

- **Community Awareness Session**
- **Seminars and workshops**
NALAG Gunnedah conducts various educational seminars and workshops throughout the year.
- **Blue Healers Depression Program**
Blue Healers is a program to help people manage depression, stress and anxiety and develop learning strategies for coping. The program is run in a group setting and is based on psycho-education. It is not counseling.
- **Grief and Loss Volunteer Training**
Gunnedah Branch conducts basic Grief and Loss Support training for Volunteers and the wider community.

