

National Association for Loss & Grief (NSW) Inc.



The National Association for Loss & Grief (NSW) Incorporated (NALAG) was founded in 1977 after the Granville train disaster. Our main aim is to build the capacity of individuals, organisations and communities in order to enhance well-being following loss, grief, bereavement and trauma. NALAG (NSW) Inc has been involved with the establishment of many of the loss and grief support groups throughout Australia and has recently developed the Blue Healers Depression Program.

NALAG (NSW) Inc is frequently called upon for training and advice by schools, corporations, government departments, media and individuals.

Our Services

NALAG (NSW) Inc aims to educate and support people who are grieving a loss through:

- Information and educational resources
- Referral service
- Individual grief support
- Group grief support
- Trauma response

(Please note that the services listed above are not available through all NALAG Centres/Branches. Some Centre's/Branches have education functions only).

Loss and Grief Support

Someone who has experienced a loss can feel like being lost in a maze of conflicting emotions.

This is normal following significant loss. Knowing the experience is normal may not take away the pain, but will increase understanding of what is happening. It is important to know you will recover, that it will get better.

Examples of Significant Losses:

- death of a significant person
- divorce /separation
- relationship breakdown
- retrenchment/unemployment/retirement
- loss of health/amputation/organ loss
- loss of homeland/culture/language
- loss of a pet
- loss of 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
- loss of dreams/expectations/hopes

Education

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

Seasons for Growth

Seasons for Growth is a program which explores the effects of change, loss and grief for children, adolescents and adults. The program helps us to understand that life is always changing, that one follows the other and there are certain things we can do to accept and deal with "the seasons in our life". Seasons for Growth is an educational program and not counselling.

Blue Healers Depression Program

The Blue Healers is a program to help people manage depression, stress and anxiety and develop learning strategies for coping. The program runs for six weeks (one two hour session per week) and involves topics such as What is Depression, Stress and Anxiety, What about medications?, Exercise & Relaxation, Sleep & Diet, Cognitive Behavioural Therapy (CBT) (or changing negative thinking), Problem Solving and Self Esteem. The Program is run in a group setting and is based on psycho-education not counseling.

Bereavement Buddy Group Support Program

The Bereavement Buddy is a program to help people who have experienced the loss of a loved one. The program runs for six or 12 weeks (one two and half hour session per week) and involves education and group support components.

Seminars, Conferences, workshops

NALAG conducts various educational seminars, conferences and workshops throughout the year. For an extensive list of our training and seminar schedule please visit our website.

Grief and Loss Volunteer Training

NALAG conducts basic Grief and Loss Support training for Volunteers and the wider community. We are committed to continuing the education of all Volunteers.

Healing Days/Remembrance Ceremonies

Healing Days and Remembrance Ceremonies are conducted on an annual basis. Members of the public are invited to attend the ceremonies.

Benefits of Membership

Over 500 professionals and non-professionals form the membership of NALAG (NSW) Inc. Membership is open to any interested member of the community.

Membership offers:

- ***NALAG News Subscription***

This is a professional publication which is produced three times a year and contains journal articles, book reviews and updates on what NALAG is doing to promote grief and loss education.

- ***The Bereavement Buddy E-Newsletter***

This is the NALAG Centre's e-newsletter which is sent via email four times a year to keep you up to date with the Centre's commitment to grief support and education.

- ***Concessional Education***

As a member of NALAG you will receive concessions on selected education, workshops and seminars.