

Give the Gift of Time

Become a grief support volunteer

Giving the gift of time to someone who is grieving is a rewarding experience. NALAG Grief Support Branch is inviting men and women to express their interest in becoming **Telephone Grief Support Volunteers**. Training as a volunteer will equip you with communication and life skills you will carry with you forever.

Training Includes:

- exploring the nature of loss & grief
- self awareness – how grief affects us
- effective telephone support skills

**“Effective listening
is one of the
most precious
gifts we can
give to others”**

More Information:

NALAG Grief Support Branch

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**Branch of the National Association
for Loss & Grief (NSW) Inc**

