

# The Grief of Pregnancy & Baby Loss Workshop

DUBBO | REGISTER NOW



## When:

Friday 7 June 2024

## Time:

9.30am - 3.30pm

## Where:

NALAG Centre for Loss & Grief  
Welchamn Street, Dubbo

## Facilitator:

Julie Dunsmore AM  
Psychologist Loss, Grief & Trauma.  
Co-Founder of SANDS (Stillbirth and  
Neonatal Death Support).

Trudy Hanson OAM  
Grief & Loss Counsellor  
and NALAG CEO.

## Cost: FREE

## Participants:

Open to NALAG Grief Support  
Volunteers/ NALAG Team,  
Counsellors, Health, Maternity,  
Community staff and support  
workers.

## TO REGISTER:

[www.nalag.org.au/  
training](http://www.nalag.org.au/training)



**NALAG**  
National Association for  
Loss and Grief (NSW) Inc

## Supporting parents, families and those close to them after pregnancy and infant loss.

### About the Workshop

In Australia every day around 6 babies are stillborn and 2 die within 28 days of birth (neonatal death). Up to 1 in 4 pregnancies end in miscarriage. Most of us don't ever contemplate that this type of loss can happen to us, that our pregnancy can end in miscarriage, that some babies and infants die.

The emotional toll and heartbreak from such a traumatic loss can be devastating for parents and also for those that are closest around them, the baby's siblings, grandparents and other family members and friends. Doctors, midwives, allied health care workers and grief support/ counsellors can also be deeply affected.

The loss is often discounted and very misunderstood in the community. It can be a very painful and lonely experience. Pregnancy and infant loss so often involves the loss of dreams, expectations, hopes for the future for their baby and for themselves.

We have learnt the value of informed and compassionate support to parents and families. Support that provides opportunities for reflecting and sharing their story and honouring and acknowledging their baby.

This workshop is for those who provide care and grief support to bereaved parents and families. It is designed to address a range of situations: within maternity settings, community groups and for those NALAG volunteers/counsellors providing grief support through NALAG Grief services.

The training aims to:

- Provide a better understanding and awareness of the grief and losses experienced after pregnancy loss, stillbirth and infant loss.
- Build participant's confidence in ways of providing compassionate and skilled grief support.
- Enhance participants knowledge of what they can do, what we know can help and how best to support those who are grieving both in the short and long term.
- Explore how to take care of yourself as grief support/ health workers.

## ENQUIRIES:

NALAG Centre for Loss & Grief  
Email: [info@nalag.org.au](mailto:info@nalag.org.au)  
Phone: 02 6882 9222

