

NALAG

National Association for
Loss and Grief (NSW) Inc

BASIC LOSS & GRIEF SUPPORT TRAINING



Grief can feel like being lost in a maze of conflicting emotions. A helping hand and a listening ear can be beneficial in supporting someone to process their grief.

This introductory course equips participants with the skills required to effectively support someone who is grieving.

Topics covered:

- What is Loss & Grief?
- Explore reactions to loss and the grief process
- What to say and how to care for someone who is grieving
- The role of a grief supporter

For a limited time only, this training is

FREE

for western NSW residents as part of our commitment to help those in drought affected communities.

Limited places - Bookings essential

For eligibility, enquiries and to register your interest please contact Brenda Baker on 0428 676 528 or brenda@nalag.org.au

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