

Social and Emotional Support Services

Loss and Grief Group

Life is full of transitions and challenges and grief is a natural response to loss. The Loss and Grief support group offers companionship and understanding from others who have experienced a similar loss, and are experiencing the similar challenges that living with grief brings. It offers both emotional support and strategies to build resilience and coping skills to enable you to start look forward to rebuilding your life.

The Loss and Grief support groups cover all types of grief including the death of a loved one, as well as other loss such as:

- / Relationships
- / Health issues
- / Retirement
- / Moving home
- / Death of a pet

The group offers you the opportunity to begin the healing process through both sharing your own story and hearing the stories of others. It aims to build not only an increased sense of self awareness and self worth but also an understanding of how each and every one of us may react to loss and changing situations.

Am I eligible to use the services?

Those who are over 65 years of age, or over 60 years of age with an age-related illness are eligible to use these services. Carers of people who fit these criteria are also eligible.

When and where?

Groups are available across all metropolitan areas of Adelaide. Please contact us for specific times and locations.

What does it cost?

Fees will be discussed at time of enquiry.

Contact details

If you would like more information, please contact our metropolitan community services team:

Phone: 1300 444 663

Email: HealthcareServicesSocialWorkersDL@helpinghand.org.au

