



Grief and Loss

Our Grief and Loss group provides therapeutic peer support for people who have experienced grief and loss, and want the opportunity to connect with others who have shared similar experiences. It is a safe space to share individual stories of grief and loss, and can be a beneficial part of the grieving process.

With a maximum of six people in a group, our one hour sessions are delivered by a qualified social worker in a calm, supportive environment.

Locations

Our Grief and Loss groups are held at:

Parafield Gardens Wellbeing Centre
422 Salisbury Highway, Parafield Gardens

Helping Hand Harrison Court
54 Buxton Street, North Adelaide

Golden Grove Wellbeing Centre
1000 The Golden Way (the Clock Tower Building),
Golden Grove

Group sessions are \$10 for Commonwealth Home Support Programme clients, or Home Care Package clients can use their HCP funds to pay for group fees.

Contact us on 1300 444 663 or
homecare@helpinghand.org.au to find out more

Information current at 23 June 2025