



Bereavement and Loss Group

Lifeline's Bereavement and Loss Group is a safe place for you to share your thoughts, ideas, and feelings with others who understand.

About the group

Whether the loss was a recent experience or one that happened many years ago the Bereavement and Loss Group can help.

The group is a safe place to share your thoughts, ideas, and feelings with others who understand the enormity of a loss. The group meets weekly for 8 weeks and is a closed group.

The group is structured so that those bereaved can share their experience as well as being supported in managing and moving through their grief.

For more information or to join a group, Contact us

Contact Jenny Holmes

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Email: Holmesj@lifelinemacarthur.org.au

If you need someone to talk to,

Call 13 11 14

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