

Family Support Newcastle's Family Relationship Skills Project and Samaritans Foundation invite **Grandparents as Carers** and **Kinship Carers** to a FREE workshop...

# *Riding the Waves of Grief and Loss*



## Topics covered may include:

- **Equipping your ship:** Finding your sea-legs, what sustains you on your journey?  
Making your ship sea-worthy
- **Knowing the seas:** Identifying the effects of rough seas and the impacts on your ship and crew
- **Harnessing the Weather Conditions:** Building Connections with your crew, using old and new ideas to resist these effects
- **Keeping your ship safe:** Self-care, connections and other strategies that don't involve spinach!

**Free children's group available on premises**

**When: 14<sup>th</sup> March, 21<sup>st</sup> March, 28<sup>th</sup> March, 4<sup>th</sup> April 2018**

**Time: 10.00 am - 12 noon**

**(Morning Tea Provided)**

**Where: 32 Brunner Road, Broadmeadow**

To make a booking or for further information please call

**Heather on 0429 914 553**