



## Youth Grief Support Group

*You are invited* to join our group for any young people who have experienced **significant grief** after the loss of a family member **at any time in their life**. This group provides a safe, sacred place for you

- to honour your family member who has died
- to hear from others with similar and different experiences of dealing with grief
- to share your own thoughts and memories

Young people tell us that grieving a death can often feel like **no one really understands what they're going through**. It can feel very lonely. No-one's grief is exactly same, but the help they value greatly comes from sharing with others who are also grieving a death of someone they knew & loved & can never forget.

<b>Who</b>	Young people 13-25 years old
<b>Where</b>	EACH Youth Hub Building A 46 Warrandyte Road Ringwood, 3134
<b>When</b>	Normally the 4 <sup>th</sup> Wednesday of each month
<b>Time</b>	5:30am-6:45pm
<b>Cost</b>	No cost

***For more information or to register:***

**Rosie Petschack or Heather  
Anderson 9871 1802**

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