



Understanding and responding to grief

Grief is a natural response to loss or change, whether it be the loss of a loved one, the breakdown of a relationship, or the loss of something that has been meaningful or important in our lives.

On October 10 we celebrated World Mental Health Day, bringing light to mental health issues including anxiety and depression. But like these, grief is another thing many of us will experience throughout our lifetime.

While everyone grieves differently, healthy grief is about finding ways to remember our loved one or that which we have lost, and adjusting to life without them.

Learn about grief and how you can support yourself or a loved one below.

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We provide family and relationship support services, relationship courses, pastoral services, refugee and asylum seeker support, and school and education support. Our services are offered to the whole community, regardless of religious belief or background.



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