



ONLINE GRIEF INFORMATION SESSION

Do you have questions about grief?

Unsure if what you're thinking or feeling is normal?

Looking for practical strategies to manage your grief?

Want to support someone who is grieving?

Join two specialist Grief Counsellors, Wendy Liu from The Session, and Nathan MacArthur from Sydney Grief Counselling Services, as they answer:

- *what are the physical, mental, emotional and spiritual impacts of grief?*
- *how long will my grief last?*
- *how can I manage the practical challenges of bereavement (e.g. deciding what to do with someone's belongings)?*
- *how do children grieve and how can I support them?*
- *what are the specific challenges faced by people after the death of a spouse or a parent or a child?*
- *what strategies will help me cope as well as possible?*

This free event will end with a live Q&A session.

Find out more by visiting:

www.thesession.com.au/grief-information-sessions

www.sydneygriefcounselling.com/information-sessions

MEET THE GRIEF COUNSELLORS

WENDY LIU



For over 20 years Wendy has been supporting individuals and families in crisis or following a death.

She holds a Bachelor of Social Work, a Master of Couple and Family Therapy, and a Graduate Certificate in Death, Dying and Palliative Care.

Wendy has worked in Forensic Medicine with the Coroners Court, Palliative Care, Oncology and Aged Care settings in Australia and overseas. She is an Accredited Mental Health Social Worker and Clinical Supervisor.

Wendy specialises in supporting:

- *bereaved adults, young people and families*
- *people affected by a sudden or traumatic death*
- *people receiving palliative care and their family members and carers*
- *families and groups requiring a support session after a death*

NATHAN MACARTHUR



Nathan has specialised as a Grief Counsellor since 2009.

He holds a Master of Arts in Psychology, a Master of Arts in Social Work and a Graduate Diploma in Relationship Counselling. He is currently completing his PhD.

Nathan has worked in Residential Aged Care, Hospitals and a range of non-government organisations. He is an Accredited Mental Health Social Worker and Clinical Supervisor.

Nathan specialises in supporting:

- *bereaved adults, children and young people*
- *people receiving palliative care and their family members and carers*
- *people diagnosed with a life-threatening illness and their family members and carers*