



Grief and loss workshop for those whose lives are affected by adoption

Grief is the intense emotion we experience as a result of a significant loss. The experience of grief is not limited to the death of a friend, relative or colleague. Adoption related grief comes from significant loss such as the loss of a birth mother/ family, loss of birth country, loss of a child to adoption and loss and grief experienced through infertility.

How we respond to or express our grief differs from person to person, and can have an ongoing effect and influence on how we respond to future loss and grief.

Grief can be a debilitating experience, leaving emotional and spiritual scars and it can also be an opportunity to learn and to grow.

This workshop will cover:

- the impact and symptoms of grief and loss
- disenfranchised grief – grief which is not openly discussed / not recognised
- complicated grief
- differences in grieving
- honouring rituals
- searching for meaning
- rebuilding life after loss.

Date

Saturday, November 14, 2009

Time

10.00am - 3.00pm

Venue

Relationships Australia (SA)
49a Orsmond Street
Hindmarsh
South Australia 5007

For further information please contact Nikki Hartmann on (08) 8245 8100 or email n.hartmann@rasa.org.au

There is no cost to attend this workshop, but bookings are essential

To book, please contact Natalie Gawlik on (08) 8245 8100 or email n.gawlik@rasa.org.au