

# Grieving Together Grief Retreat

## Workshops & Activities - Saturday 19 October

Code	Topic	Description
1SW1	<b>Grief and feelings of isolation</b>	Exploring the impact of isolation and our grief.
1SW2	<b>Call of the Dreaming</b>	Presented by proud Bunurong and Palawa woman Jillian West, this session explores the cycle of birth, life, and death on Traditional Bunurong Land. An opportunity to participate in a Traditional Bunurong Healing Ceremony will be included.
1SW3	<b>Loss of a young child</b>	Navigating the Heartbreak: Practical strategies and emotional support for Parents coping with the loss of a young child.
1SW4	<b>Seated yoga</b>	Connect to your breath and body, through this gentle yoga workshop. Designed to cater for all abilities and ages, this workshop uses simple slow movements using a chair for support. No prior yoga experience needed.
1SW5	<b>Floral Arrangements</b>	Learn the art of creating beautiful floral arrangements. – flowers provided
2SW6	<b>Exploring sibling grief</b>	For anyone to better understand surviving siblings.
2SW7	<b>Judgmental attitudes</b>	When a cause of death is hard to talk about. Panel Session with Q &A
2SW8	<b>Spirituality</b>	The bond with your loved one does not end with their death.
2SW9	<b>Partners can grieve differently</b>	Respecting differences, finding harmony in separateness.
2SW10	<b>Yoga Nidra guided meditation</b>	Yoga Nidra is an effortless and nourishing yoga practice that involves no physical movement. It is a lying down guided meditation that helps to create a state of calm, ease and relaxation. No prior yoga or meditation experience needed. BYO blanket.
3SW11	<b>Acknowledging grief: Understanding and supporting LGBTQIA+ loss</b>	Participants will learn about the relational aspects of grief, the impact of complex interpersonal relationships, and how to navigate and share their grief with trusted individuals. Through this session, we aim to provide a safe space for understanding and supporting the diverse grief experiences within the LGBTQIA+ community.
3SW12	<b>Grief of the newly bereaved (up to 2 years)</b>	To help ease feelings of bewilderment and isolation.
3SW13	<b>Is my grief normal?</b>	Understand the differences between healthy grieving and Complicated Grief. Explore things you can do to encourage grief integration and when to seek further support.
3SW14	<b>Social walk</b>	A gentle walk through the beautiful gardens of the botanical cemetery.
3SW15	<b>Singalong</b>	Come together to enjoy music and have fun. All welcome – music and song sheets provided.



Register your attendance here

# Grieving Together Grief Retreat

## Workshops & Activities - Sunday 20 October

Code	Topic	Description
4SW16	<b>The grief of suicide - untangling the threads</b>	Explore the special and commonly experienced reactions that can complicate our grief. The session will provide a safe place to share, develop connections and connect to local supports.
4SW17	<b>Legacies</b>	Creating a legacy to honour your loved one.
4SW18	<b>Spirituality</b>	The bond with your loved one does not end with their death.
4SW19	<b>Art therapy</b>	Represent your grief through art.
4SW20	<b>Qigong</b>	Mindfully align your breath and movement to restore health and vitality through the practice of Qigong.
5SW21	<b>Capturing memories through Photography</b>	Learn how to use your mobile phone camera to capture beautiful photographs. The session will include tips and tricks to using your mobile phone camera, including a range of basic skills to help you take photographs. These skills can be applied to creating digital memories of significant places, people and objects that can be treasured forever.
5SW22	<b>Wellbeing sound bowl meditation after loss</b>	This beautiful calming session combines relaxing sound vibration and guided meditation, including visualisation and breath, to invoke a state of deep relaxation, reduce stress and enhance self care. BYO blanket.
5SW23	<b>Care for the carer: bereaved carers &amp; pre-emptive grief</b>	Recognising the energy that goes into caring for our special people, acknowledging once death occurs, every aspect of life will change. Explore anticipatory grief and self-care strategies.
5SW24	<b>Men's Space</b>	Men may grieve differently. An opportunity to learn and connect.
5SW25	<b>Card making</b>	Make some beautiful cards in honour of your loved ones.
<b>Quiet reflection space</b>		Available all day on both days - no bookings required. A quiet place to connect or relax. Tea and coffee, books to read, puzzles, and mindful colouring.



Register your attendance here