



An invitation to anyone wondering
How to get through
the Grief

Support & suggestions for those grieving the death of a family member, partner, friend, neighbour or work colleague and those who support as companions.

Find out more about the journey of grief and what can help.

Listening & talking about grief can ease its intensity.

What does it really mean to lose someone?

Does grief feel the same each time?

Is it the same for everyone?

Is it always dominated by pain and anguish?

How long does it last?

Is having an ongoing relationship to a person who died normal?

What do we do with overwhelming grief experiences?

Liverpool Cemetery

Condolence Lounge

207 Moore St, Liverpool

10am -12 pm Thursday Feb 26th

Morning tea provided

Catholic Cemetery Rookwood

Mary, Mother of Mercy Condolence Lounge

Barnet Ave, Rookwood

10am -12 pm Saturday Feb 28th

Morning tea provided

Want to know more about these gatherings?

Call or email Patricia Therese Benedict Thomas, Bereavement Consultant

T: 02 9649 6423 or E: patriciat@catholiccemeteries.com.au

'Death is not the end of the story...Death does not end a relationship'

RVSP your attendance to John Sweeting on johns@catholiccemeteries.com.au

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Catholic Cemeteries
& Crematoria
Care, Compassion, Choice

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