



If you would like to attend  
please contact one of our facilitators  
listed below.

Useful contact numbers  
and websites

**My Grief Assist –**

Resources and Information

Coping with Grief

[www.mygriefassist.com](http://www.mygriefassist.com)

**Lifeline – 131114**

**Griefline – (03) 99357400**

Noon to 3am Daily

[www.griefline.org.au](http://www.griefline.org.au)

**Australian Centre for  
Grief & Bereavement –**

1300 664 786

[www.grief.org.au](http://www.grief.org.au)

**National Association for  
Loss & Grief (Victoria) –**

[www.nalagvic.org.au](http://www.nalagvic.org.au)

**Tuckers**  
Funeral & Bereavement Service

Tuckers Funeral and Bereavement Service  
Karen Thirlwell - Kathy Downes - John Leach  
Phone (03) 5221 4788

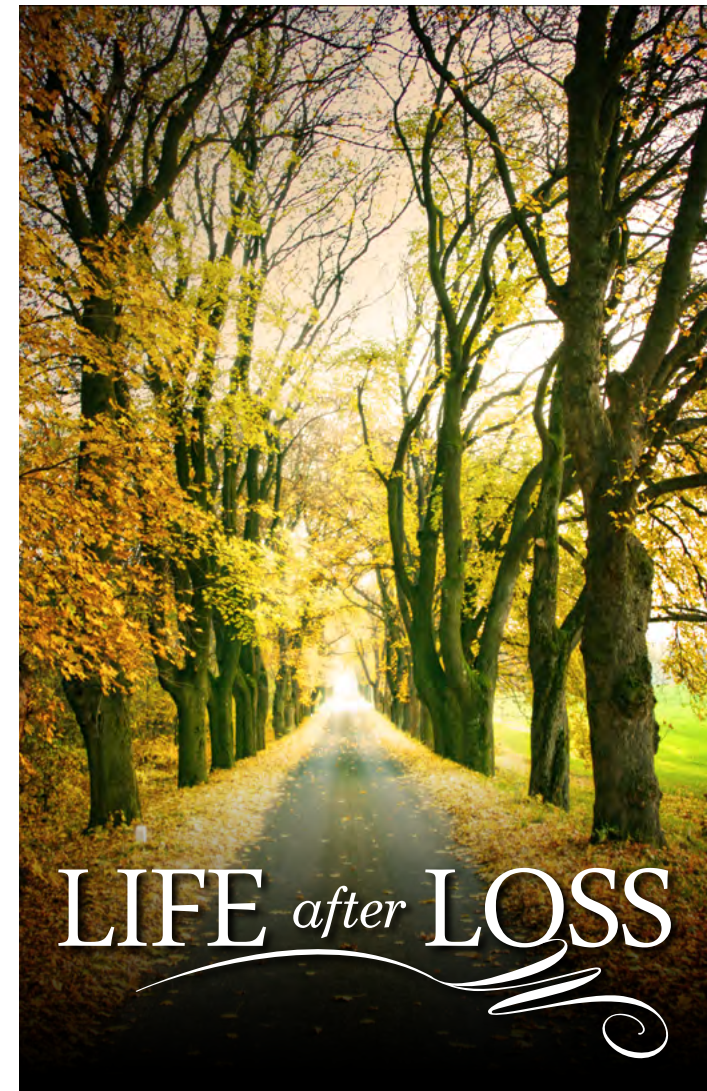


Hope Bereavement Care  
Christine Rawson 0488 768 321 (03) 4215 3355




**Wesley Centre for Life Enrichment**

Michael Nolan (03) 5229 0719  
Wendy Leigh (03) 5222 4101  
Wesley Centre for Life Enrichment



A group for women  
who have experienced the death  
of a husband or partner.

Meeting regularly at  
The Wesley Centre in Geelong.



Adjusting to life after your husband or partner has died can be confusing, draining and isolating.

It can be helpful to meet and spend time with women who have also lived this experience and share the journey.

The group is a place to share, listen and learn amongst others who understand the challenges of living with your grief.

This group was established with the combined input of four local support services.

A support worker from one of these services is present at the evening meetings to help to facilitate discussion and offer links to ongoing individual support if it is required.

If you would like to attend the group please make contact with one of the support services, listed overleaf, before attending.

There are both daytime and evening meetings available.

**Evening – Formal Meeting**

Last Tuesday of the month  
7pm to 8.30pm

at the Wesley Centre  
100 Yarra Street, Geelong

**Morning - Informal Gathering**

2nd Saturday of the month  
gathering for breakfast or coffee  
then a walk

at the Beach House Cafe  
Eastern Beach, Geelong

