

**Have you experienced
the loss of a loved one?**



BlueCare

Live life your way

Grief and Loss Program

People experience grief in many ways. It is normal for bereavement to bring with it a mixture of intense feelings of sadness, confusion, anger, guilt and fear as well as memories of happier times.

Blue Care recognises that some people may need extra support during this journey, and since 1990 has been conducting a specialised Grief & Loss Program.

Aim of the program:

- to provide information on the grief process
- to offer practical advice following the loss of a loved one
- to provide emotional and social support
- to enhance effective coping skills

The Group

The Group meets regularly, with trained facilitators, to provide emotional, social and practical support for group members. This is a structured program of two hours per week over eight weeks. Participants really benefit from sharing their experiences in the safety of a small group.

Contact for information:

0417 555 826

Email: GriefandLossProgram@bluecare.org.au

Web: bluecare.org.au/services/grief-and-loss-programs

Confidentiality is respected at all times



As one of Queensland's largest aged care providers, we provide a range of services to support people in their homes, in our local community centres, our aged care residences and in our retirement villages.

Our mission and values commit us to actively listen to the needs of each person we assist and shape our services to meet their unique needs and circumstances.