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-NEWCASTLE



SUMMER

2010

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Good Grief acknowledges with joy and gratitude the Canonisation this year of St Mary MacKillop, a woman whose life and vision inspired the foundation of Good Grief.

Good Grief thanks the Seasons for Growth Trainers and Companions for the way her legacy in compassionate care for those struggling with loss and grief is continued through their programs such as Seasons for Growth.



EVALUATIONS

Thank you to the many companions who have sent in evaluations from their groups this year.

It is important that we receive the evaluations or information regarding the groups you have run this year.

We use this information to update our records and apply for your accreditation if applicable.

Please attach the Evaluations Coveragepage each time you send in evaluations.



Training

Companioning Young People

Dates for 2011

23-24 March

22-23 June

14-15 September *

16-17 November

Venue: 58 Gipps Street Carrington

* Venue for September training TBA

Please contact us 4961 0579 for training details - costs, times, online application instructions.

Reconnectors

(only for Seasons for Growth Companions)

It is important that Companions attend a Reconnector every two years; this is a necessary part of your Accreditation.

Available Dates 2011

- 24 February
- 15 March
- 31 May
- 15 June
- 4 August
- 8 September
- 20 October
- 8 November

To book a reconnector at your school/organisation on one of these dates please contact us 4961 0579.

Registrations for Reconnectors (when date and time are confirmed) are now completed online at www.goodgrief.org.au

Please contact us on 49610579 or 0409309981 if you need assistance with the application.

Accreditation

For your Accreditation Process, please continue to let Benita or Jenny know if you are running any groups.

Don't forget to send copies of your evaluations to us.

Adult Groups

Understanding Change, Loss & Grief

The aim of this presentation is to provide a learning opportunity for adults who wish to increase their understanding of change, loss and grief.

The **3hr presentation** introduces information about the nature of loss, possible grief reactions, causes that impact on grief and ways to attend to grief.

Suitable for staff, volunteers and parents/carers.

Please contact us to discuss details - dates, costs, venue.

Exploring the Seasons of Grief

Seasons for Growth two-day groups are for Adults wishing to explore personal grief issues.

The program is educational, focusing on understanding and managing the particular losses experienced by participants.

It provides a sound framework and safe learning environment for adults to explore issues of change/loss such as death, separation, divorce, relationship breakdown, disability, unemployment, illness, infertility, job loss or other significant life events.

Please contact us to discuss details - dates, costs, venue.

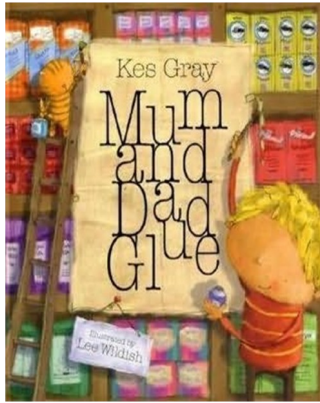
Community News

- **Being a Mum...helping mums become more mindful parents and gain skills to build closer relationships with their children.**
3 sessions Feb 15th, Feb 22nd and March 1st.
Time: 5.30-8pm.
Contact Interrelate Family Centre 4016 0550
- **Circles of Support** 2hr information session about how circles of support can bring about positive change in the life of your family member or friend with a disability. Visit Resourcing Families website for more information

<http://www.resourcingfamilies.org.au/index.php/attend-a-workshop.html>

- **Samaritans Christmas Day Lunch, Singleton**
25th December 10am, Senior Citizens Centre, Bathurst St Singleton.
Contact Jackie 0265 711 414
- **Samaritans Christmas Day Lunch, Newcastle**
25th December 11am, Newcastle Foreshore Park
Contact Samaritans 4960 7100

Hunter Book Club and other Resources

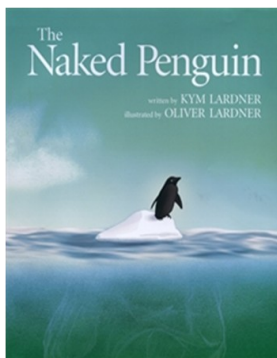
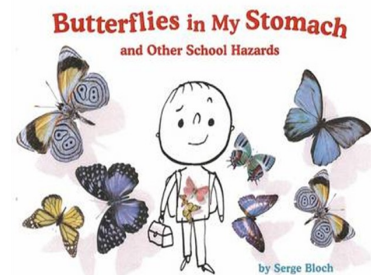


Mum and Dad Glue By Kes Gray

Divorce is an unhappy fact that affects many children's lives, and the story told in this book was written for those little boys and girls. Its message can help soothe their feelings and make them understand that their parents' separation is in no way their fault. Parents who are divorcing will also value *Mom and Dad Glue* as a story they can read to their children and help them realize that although their parents' marriage has not worked out, Mom and Dad love them today, as they always have and always will. Attractive colour illustration on every page.

Butterflies in My Stomach and Other School Hazards By Serge Bloch

An award-winning artist offers a child's-eye look at such idiomatic expressions as ants in your pants and cat got your tongue, providing a unique and sympathetic perspective on a boy's first day of school. The boy's feelings are explored - he fears school, misses his dog, dreads lunch but trades grins with the boy at the next desk. Full colour.

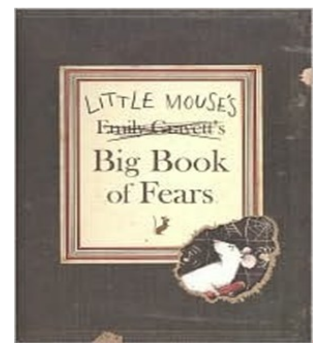


The Naked Penguin By Kym Lardner

Once there was a little penguin who was different from all the other penguins. All because he has no patch of white on his chest. Nobody will play with him and all the Arctic creatures are too busy to help him. But when the penguin decides to leave his home, he starts to notice that there are other animals who are different too. And the little penguin learns life's most important lesson... A whimsical and delightful picture book about accepting yourself as you are.

Little Mouse's Big Book of Fears By Emily Gravett

Spiders: Little Mouse is afraid of them (arachnophobia).
Shadows: Little Mouse is afraid of those (sciaphobia).
In fact, Little Mouse is afraid of *everything*. Join her as she faces her fears and records them in her journal - and discovers that even the biggest people are afraid of some things.



Articles/Publications/Useful links

- “What helps when you're grieving? Grief is universal but when death is sudden, inexplicable and violent and the person who dies is your child, there's just no preparation. Una and Dennis Glennon's daughter Ciara was murdered in Perth in 1997. The murder of Ciara and two other young women remains unsolved. Ciara was a talented 27-year-old lawyer, a law scholarship in her name has been set up at the University of Western Australia. **Her mother Una has written a very personal book she hopes might help others - to provide healing words.** Over the past decade Una has been working on **Ciara's Gift: grief edged with gold.**”
 Visit ABC Life Matters to listen to an interview with Una
<http://www.abc.net.au/rn/lifematters/stories/2010/2907786.htm>
- “As time went by and I was in contact with others who hurt as I did, their one consistent question was **‘how will I get through Christmas?’** Not having any good tips to give out I sought help... [and] came up with nothing. Finally as I met others who had walked (and often crawled) along the survival road, they began sharing an idea here and there that helped them over this huge **Holiday Hurdle.**”
 Carlene Vester Eneroth shares some of these ideas in **Getting Past Christmas: Practical Tips for surviving December after the death of a loved one.**
 This Pamphlet and others you may be interested in are available from Capers Bookstore, visit <http://www.capersbookstore.com.au/>

To all our wonderful Companions...for all the support you have given to children, young people and adults who are experiencing change and loss in their lives...



*Warm wishes for a joyous Christmas
and a wonderful New Year*

from Benita & Jenny 😊

