



ARAFEMI

ARAFEMI Victoria Inc present

Grief and Loss

Presented by: Garrett O'Dowd

for families and friends of people who experience mental illness

Venue: Ground Floor, 270 Auburn Road, Hawthorn

Date: Saturday 18th October 2008, 10am - 1pm

Garrett O'Dowd is a social worker and grief counsellor from Mercy Western Grief services. Garrett has been conducting grief and loss workshops for Carers of people with a mental illness for a number of years.

There is little education for carers about the grief and loss associated with a family member's mental illness. This education will assist families and carers of people with a mental illness to:

- ❖ Better understand their experience of grief and loss
- ❖ Feel less isolated in their experience of grief and loss
- ❖ Learn strategies to best cope with their experience of grief and loss

Lunch provided (please book)

**To register, please ring reception at ARAFEMI
Tel: 03 9810 9300**

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*Promoting and improving the well being
of people affected by mental illness*