

*Supporting NSW communities,
families and individuals
experiencing loss and grief.*

www.nalag.org.au



NALAG
National Association for
Loss and Grief (NSW) Inc

Express themselves in words so they are encouraged to take a photo and have a caption to accompany the photo as to what the photo means to them. The photos are then presented at a public exhibition. Participants are shown how to operate a camera which in turn gives them a medium to cope with any loss or grief they have experienced.

- **Tailored workshops**

NALAG is also able to deliver tailored training to suit organisations. Please contact the Dubbo office on 02 6882 9222 if you would like to discuss topics which can be tailored to meet your organisations needs.

- **Healing Days/Remembering Ceremonies**

Healing Days and Remembrance Ceremonies are conducted on an annual basis. Members of the public are invited to attend the ceremonies and reflect.

Cost

Prices may vary however typically workshops cost \$250 per person.

**For more information
& referral, please contact:**

02 6882 9222

info@nalag.org.au

www.nalag.org.au

**PO Box 379
DUBBO NSW 2830**

NALAG BRANCHES:

MUDGE

0488 225 710

mudgee@nalag.org.au

BELLINGEN/NAMBUCCA

0448 084 792

HUNTER

0409 151 646

jperino@nalag.org.au

GRIEF SUPPORT

(Telephone only)

0439 922 201

GREATER SYDNEY

0427 614 010

Please note that NALAG is unable to provide crisis support. Our operational hours are from 9am-5pm weekdays.

Education Services

www.nalag.org.au

NALAG

NALAG is a voluntary organisation established in response to the needs of those who have experienced loss and grief and is supported by financial funding from the Ministry of Health.

Our Mission

NALAG undertakes to strengthen the capacity of communities and individuals to improve their well-being following loss, grief and adverse life events.

Education

NALAG is committed to supporting education and training to volunteers, support workers, students, professionals and the wider public. NALAG attracts both local and national speakers from various disciplines to educate in the area of loss and grief.

Educational Programs Include:

- **Basic Loss and Grief Workshop**

NALAG conducts Basic Loss and Grief Support training for Volunteers and the wider community. The workshop training is delivered in two modules. The first is delivered via Zoom and the second delivered as face to face training. Upon completion of training participants may also opt to become NALAG volunteers where they have access to further training at no or significantly reduced cost.

- **Sandplay**

Sandplay Therapy is a play-based technique that is a valuable and powerful tool for counsellors. It is nonverbal, less intrusive, and fun adjunct to the mainly cognitive and behavioural modalities of traditional "talking" therapies. It is a self-directed and expressive therapy, and

suitable for use by adults and children alike from many client populations.

Sandplay Therapy works by using real symbols from life (utilising small objects, pieces and figures) placed into a tray of sand to form a picture.

This workshop focuses significantly on experiential learning and interactive participation and can be delivered at the introductory or advanced level.

- **Accidental Counsellor**

This interactive online training aims to develop the knowledge and skills of workers in the human services field sector so that workers may effectively support people who are distressed.

The course is mainly for those who are not trained counsellors and who are not in counselling roles, however frequently find themselves having to use counselling skills due to the nature of their roles.

- **Seasons for Growth**

Seasons for Growth is a program which explores the effects of change, loss and grief for children, adolescents and adults. The program helps us to understand that life is always changing, that one follows the other and there are certain things we can do to accept and deal with "the seasons in our life". Seasons for Growth is an educational program and not counselling.

- **Seasons for Healing**

Seasons for Healing is a culturally appropriate small group education program for Aboriginal and Torres Strait Islander adults who are managing

experiences of change, loss and grief. Seasons for Healing is offered in response to requests from Aboriginal communities for respectful, collaborative support in responding to the impact of intergenerational loss and grief.

- **Blue Healers Depression Program**

The Blue Healers is a program to help people manage depression, stress and anxiety and develop learning strategies for coping. The program runs for six weeks (one two hour session per week) and involves topics such as What is Depression, Stress and Anxiety, What about medications? Exercise & Relaxation, Sleep & Diet, Cognitive Behavioural Therapy (CBT) (or changing negative thinking), Problem Solving and Self Esteem. The Program is run in a group setting and is based on psycho-education not counselling. The program can also be delivered over a weekend.

- **Suicide Awareness & Prevention**

Based on the latest research in Suicide Prevention, this workshop is designed to create awareness and recognition of people at risk. Aim of the workshop is to help identify the warning signs and triggers for suicide and to educate on how to respond. Participants will learn how to conduct an Imminent Risk Assessment. Our facilitators are accredited counsellors and have completed suicide intervention training. Please note this workshop may not be suitable for those recently bereaved by suicide.

- **Through Our Eyes Photography Workshop**

"Through our Eyes" uses the medium of photography for participants to express their feelings. Some may find it difficult to