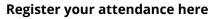


## Workshops & Activities - Saturday 19 October

Code	Торіс	Description
1SW1	Grief and feelings of isolation	Exploring the impact of isolation and our grief.
1SW2	Call of the Dreaming	Presented by proud Bunurong and Palawa woman Jillian West, this session explores the cycle of birth, life, and death on Traditional Bunurong Land. An opportunity to participate in a Traditional Bunurong Healing Ceremony will be included.
1SW3	Loss of a young child	Navigating the Heartbreak: Practical strategies and emotional support for Parents coping with the loss of a young child.
1SW4	Seated yoga	Connect to your breath and body, through this gentle yoga workshop. Designed to cater for all abilities and ages, this workshop uses simple slow movements using a chair for support. No prior yoga experience needed.
1SW5	Floral Arrangements	Learn the art of creating beautiful floral arrangements. – flowers provided
2SW6	Exploring sibling grief	For anyone to better understand surviving siblings.
2SW7	Judgmental attitudes	When a cause of death is hard to talk about. Panel Session with Q &A
2SW8	Spirituality	The bond with your loved one does not end with their death.
2SW9	Partners can grieve differently	Respecting differences, finding harmony in separateness.
2SW10	Yoga Nidra guided meditation	Yoga Nidra is an effortless and nourishing yoga practice that involves no physical movement. It is a lying down guided meditation that helps to create a state of calm, ease and relaxation. No prior yoga or meditation experience needed. BYO blanket.
3SW11	Acknolowledging grief: Understanding and supporting LGBTQIA+ loss	Participants will learn about the relational aspects of grief, the impact of complex interpersonal relationships, and how to navigate and share their grief with trusted individuals. Through this session, we aim to provide a safe space for understanding and supporting the diverse grief experiences within the LGBTQIA+ community.
3SW12	Grief of the newly bereaved (up to 2 years)	To help ease feelings of bewilderment and isolation.
3SW13	Is my grief normal?	Understand the differences between healthy grieving and Complicated Grief. Explore things you can do to encourage grief integration and when to seek further support.
3SW14	Social walk	A gentle walk through the beautiful gardens of the botanical cemetery.
3SW15	Singalong	Come together to enjoy music and have fun. All welcome - music and song sheets provided.











## Workshops & Activities - Sunday 20 October

Code	Торіс	Description
4SW16	The grief of suicide – untangling the threads	Explore the special and commonly experienced reactions that can complicate our grief. The session will provide a safe place to share, develop connections and connect to local supports.
4SW17	Legacies	Creating a legacy to honour your loved one.
4SW18	Spirituality	The bond with your loved one does not end with their death.
4SW19	Art therapy	Represent your grief through art.
4SW20	Qigong	Mindfully align your breath and movement to restore health and vitality through the practice of Qigong.
5SW21	Capturing memories through Photography	Learn how to use your mobile phone camera to capture beautiful photographs. The session will include tips and tricks to using your mobile phone camera, including a range of basic skills to help you take photographs. These skills can be applied to creating digital memories of significant places, people and objects that can be treasured forever.
5SW22	Wellbeing sound bowl meditation after loss	This beautiful calming session combines relaxing sound vibration and guided meditation, including visualisation and breath, to invoke a state of deep relaxation, reduce stress and enhance self care. BYO blanket.
5SW23	Care for the carer: bereaved carers & pre-emptive grief	Recognising the energy that goes into caring for our special people, acknowledging once death occurs, every aspect of life will change. Explore anticipatory grief and self-care strategies.
5SW24	Men's Space	Men may grieve differently. An opportunity to learn and connect.
5SW25	Card making	Make some beautiful cards in honour of your loved ones.
Quiet relection space		Available all day on both days - no bookings required. A quiet place to connect or relax. Tea and coffee, books to read, puzzles, and mindful colouring.





