



Have you  
experienced the  
loss of a loved  
one?



## Blue Care Grief and Loss Program

As one of Australia's leading not-for-profit service providers of residential aged care, community care and retirement living, Blue Care has been operating for more than 60 years. Starting as the Blue Nursing Service in 1953, Blue Care operates in more than 260 centres in 80 communities across Queensland and northern New South Wales.

Based on our mission and values, Blue Care's Tailor Made commits us to actively listen to the needs of each person we assist and shape our services to meet their unique needs and circumstances.

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 and Loss program.

Aim of the Blue Care Grief and Loss 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 provide effective coping skills.



## The Group

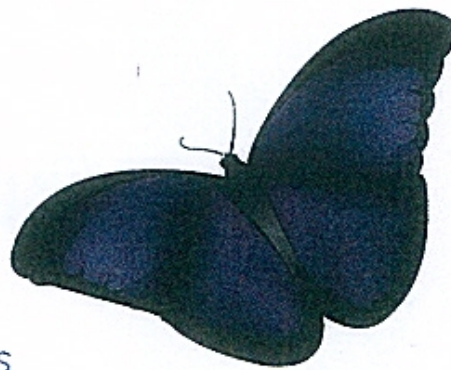
The Group meets regularly and provides emotional, social and practical support for group members.

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.

## Meeting Place

Wednesday  
9.30am - 11.30am  
Labrador Gardens  
83 Muir Street  
LABRADOR Q 4215

(Opposite Blue Nursing Office)



*Confidentiality  
is respected at all times*



For more information please contact

Blue Care  
88 Muir Street  
LABRADOR Q 4215

PH: (07) 5532 0588



[www.bluecare.org.au](http://www.bluecare.org.au)