

Exploring Grief & Loss

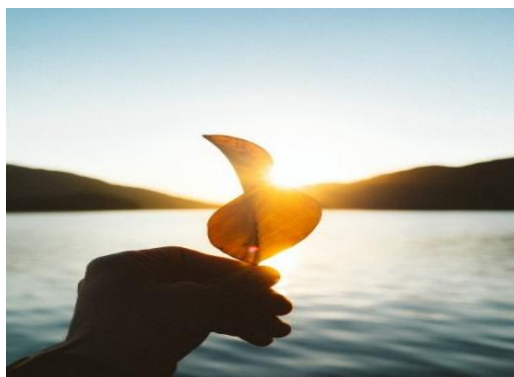
Date: Wednesday 29 July 2026
Time: 10:00am – 2:00pm
Venue: Recovery & Wellbeing College
Unit 2, Ground Floor, Kirk Place
15 Kensington Street Kogarah, NSW 2217

Grief and Loss is a part of life. We all will experience it in some way. This course explores the various expressions of grief and loss in life and how they relate to our mental health and wellbeing.

The course highlights the diversity of grief and loss experiences associated with various lifespan stages, different cultural perspectives and specific life events. It includes practical coping strategies and information about community resources available.

To enrol please visit our website:

<https://www.seslhd.health.nsw.gov.au/recovery-wellbeing-college>



unsplash

Course Information Sheet



For more information
please contact the
Recovery & Wellbeing
College Team

9113 2981

SESLHD-
RecoveryCollege
@health.nsw.gov.au