

### Getting help

#### Referrals

Referrals to NALAG are accepted through

- Self Referral
- GP's
- Mental Health
- Hospitals

#### How to reach us

Please contact us at the NALAG Centre on 02 6882 9222 staff will be pleased to discuss your needs and answer any questions you may have.

#### Location

The NALAG Centre is located at 7 Welchman Street, Dubbo N.S.W. 2830.

#### Hours

The NALAG Centre for Loss and Grief is open 9am to 5pm Tuesday to Thursday. Appointments for other times may be negotiated.

#### Cost

The NALAG Centre is a not for profit organization funded by Ministry of Health. The NALAG Centre provides grief and loss support to all people regardless of race, religion and financial circumstances and provides Grief Support **FREE** of charge.

*For Information & Referral  
Please Contact*

**NALAG**  
Centre for Loss & Grief

7 Welchman Street  
Dubbo N.S.W. 2830

**02 6882 9222**

[contact@nalag.org.au](mailto:contact@nalag.org.au)

**NALAG (NSW) Inc State Office  
Dubbo Centre for Loss & Grief**

**Ph: 02 6882 9222  
Fax: 02 6884 9100  
Welchman St  
Dubbo NSW 2830**

PO Box 379  
DUBBO NSW 2830

[contact@nalag.org.au](mailto:contact@nalag.org.au)  
[www.nalag.org.au](http://www.nalag.org.au)

**NALAG**  
Centre for  
Loss and Grief  
  
Information on  
Services

**Dubbo**

## The NALAG Centre for Loss & Grief

The NALAG Centre for Loss and Grief is a voluntary organisation established in response to the needs of the Dubbo and surrounding community in 1999 and is supported by financial funding from the Ministry of Health.

### Our Mission

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

### Our Services

The NALAG Branch aims to assist and support people who are grieving a loss through:

- Information and educational resources
- Referral service
- Individual grief support
- Group grief support
- Trauma response

### Loss and Grief Support

Someone who has experienced a loss can feel like being lost in a maze of conflicting emotions. This is normal following significant loss. Knowing the experience is normal may not take away the pain, but will increase understanding of what is happening.

It is important to know you will recover, that it will get better. Some examples of Significant losses are:

- death of a significant person
- divorce /separation
- relationship breakdown
- retrenchment/unemployment/retirement
- loss of health/amputation/organ loss
- loss of homeland/culture/language
- loss of a pet

- loss of possession/burglary/car theft
- disability/loss of independence
- infertility
- miscarriage/pregnancy termination/stillbirth
- adoption
- stolen generation/loss of identity
- losses associated with caring for someone with a chronic or life threatening illness
- loss of dreams/expectations/hopes

The NALAG Centre for Loss and Grief Dubbo has a professional Counsellor and a team of trained Grief Support Volunteers who provide Grief Support.

### Education

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

### Specific Educational Programs Include:

- **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.
- **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.

- **Bereavement Buddy Group Support Program**  
The Bereavement Buddy is a program to help people have experienced the loss of a loved one. The program runs for six or 12 weeks (one two and half hour session per week) and involves education and group support components.
- **Seminars, Conferences, workshops**  
The Centre conducts various educational seminars, conferences and workshops throughout the year.
- **Grief and Loss Volunteer Training**  
The Centre conducts basic Grief and Loss Support training for Volunteers and the wider community. We are committed to continuing the education of all Volunteers.
- **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.

NALAG Loss & Grief Support is **NOT** suitable for clients who have:

- Complicated Grief
- PTSD (Post Traumatic Stress Disorder)
- Bipolar Disorder
- Personality Disorder
- Clinical Depression