

National Association for Loss & Grief (NSW) Inc.

The National Association for Loss & Grief (NSW) Incorporated (NALAG) was founded in 1977 after the Granville train disaster. Our main aim is to strengthen the capacity of communities and individuals throughout NSW to enhance well-being and promote resilience through support, counseling, education and advocacy following loss, grief trauma and adverse life events. NALAG (NSW) Inc has been involved with the establishment of many of the loss and grief support groups throughout Australia and has recently developed the Blue Healers Depression Program.

NALAG (NSW) Inc is frequently called upon for training and advice by schools, corporations, government departments, media and individuals.

Our Services

NALAG (NSW) Inc aims to educate and support people who are grieving a loss through:

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

(Please note that the services listed above are not available through all NALAG Centres/Branches. Some Centre's/Branches have education functions only).

Loss and Grief Support

Someone who has experienced a loss can feel like being lost in a maze of conflicting emotions.

Examples of Significant Losses:

- 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

Education

NALAG provides education and training for volunteers, support workers, students, professionals and the wider community.

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 who 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

NALAG conducts various educational seminars, conferences and workshops throughout the year. For an extensive list of our training and seminar schedule please visit our website.

Grief and Loss Volunteer Training

NALAG conducts basic Grief and Loss Support training for Volunteers and the wider community.

Healing Days/Remembrance Ceremonies

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

Benefits of Membership

Over 500 professionals and non-professionals form the membership of NALAG (NSW) Inc. Membership is open to individuals 18 years and over.

Membership offers:

- **NALAG Newsletter**
This is a publication which is produced each month giving updates on what NALAG is doing to promote grief and loss education.
- **NALAG Journal**
This is the NALAG Centre's e-newsletter which is sent via email twice times a year to keep you up to date with the Centre's commitment to grief support and education.
- **Concessional Education**
As a member of NALAG you will receive concessions on selected education, workshops and seminars.

