

Take the first step



Why join?

Our Grief program aims to:

- Improve quality of life
- Improve social connections
- Increase satisfaction with life
- Find peace within

Contact

(03) 9465 6409

Address

47a French Street
LALOR Victoria, 3075

Grief Cafe

Opportunity for growth

About Benita Murray

The recent progression to a career in counselling was natural development for Benita who developed finely tuned communication and interpersonal skills in a 40- year career in teaching and customer services. In the education sector, she taught art and managed collaborative creative projects in primary schools and her customer service work was as a senior manager in retail and hospitality. Benita has a diploma in Counselling. She is currently seeing clients privately as a generalist counsellor referred through Lalor Neighbourhood House.

Time

Day: Every Monday
From: 12 - 1:30 pm
Start: Monday 1 May 2023

About Lalor Neighbourhood House

Lalor Neighbourhood House is a welcoming, safe and happy space where you learn, connect and make friends within a culturally diverse community.

Purpose of the program

The program provides a safe space for all participants to learn about self-acceptance, self-care, self-compassion and resilience. The program also helps participants to accept the reality of their loss and learn to embrace the pain. The group will participate in shared activities in an informal safe place to explore ways to live, without the presence of their loved one. This can happen by building strong connections within the communities.



"what you once enjoyed and deeply love, you can never lose, for all that you deeply love becomes part of you"

"Alone we can do so little: together we can do so much"

