

# Understanding change, loss and grief brought about by COVID-19

In this seminar we will explore the impact of the COVID-19 environment and the grief that it can cause.

- Job loss / isolation / physical distancing
- Restrictions on being with our sick and aged friends and family
- Restrictions on funerals

And how best to take care of ourselves and others who are suffering from these effects.

This 1.5 hour seminar will be conducted via Zoom.

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Please express your interest by emailing [Leonied@catholiccemeteries.com.au](mailto:Leonied@catholiccemeteries.com.au) and we will arrange the time to suit those wishing to participate.



*We offer care, empathy  
and compassion to nurture  
all to live their grief*



**Grief Care**