



THE **GRIEF CENTRE**  
OF WESTERN AUSTRALIA



Proudly supported by:



**MIFWA**

**The Grief Box for  
Carers Workshop  
Series**

# Workshop Series Overview

**The Grief Box for Carers** series of six, two-and-a-half-hour workshops presented by The Grief Centre of Western Australia will introduce carers to the concepts of loss and grief, emotional intelligence, awareness of self and others and much more. The workshops are designed to deliver the tools to engage the carers resilience and self-management skills to enable a compassionate response to grief for self and others.

A rich conversational styled interactive workshop series, each session will add a layer of understanding, building the picture of resilience for people who are in a caring role and affected by grief and loss, particularly ambiguous loss, which often goes unrecognised.

We understand the carer's journey and how isolating and impactful it can be on the wellbeing of the carer. Too often grief and loss is not a topic for discussion and consequently, unattended grief causes a range of unhelpful coping strategies. This workshop series is designed to build hope and be transformational in its outcomes.

**The Grief Box for Carers** is specifically tailored to the caring community and those who serve this community.

## Core Sessions

- Losing Me, Finding Me
- Losing Them, Finding Them
- Discovering my Voice
- Discovering my Eagle Heart of Resilience
- Finding Peace in the Process
- Visioning My Way Forward

## Training and Key Objectives:

- To open key conversations about grief and loss
- To create understanding of personal and community resilience after loss
- To better understand the impacts of caring on the carer
- To identify and better understand and manage relationship dynamics in caring
- To promote hope and build resilience in the caring community
- To better understand how to advocate for self and others
- To learn strategies for self-management and self-care
- To recognise the rewards and compensations of caring



## About the Facilitator Hayley Solich

Business Development Manager & Facilitator

- National Lived Experience Leader & Advocate
- Carer Engagement Specialist
- Corporate and Community Educator
- WA Mental Health Awardee

Hayley Solich is a carer with experience delivering carer engagement training into 15 public mental health facilities in Western Australia. She is the past Carer Co-Chair of the National Mental Health Consumer & Carer Forum, and a multi-award winning community engagement specialist and educator.

Hayley is no stranger to grief and loss, having lived through the tragic loss of a parent to road trauma in her early 20s, the same year that her two grandmothers passed away. She has now also survived the death of a child through miscarriage, her mother-in-law's death to brain cancer, a friend's suicide and her father and father-in-law's passing.

"Not all loss relates to death. I first recognised that I was experiencing ambiguous loss when I sat in a carer's group and the person next to me started speaking

about their feelings in relation to their partner's incapacitation due to a brain injury. I started to cry because I realised that my loss was the same. My partner was incapacitated due to physical and mental health conditions and I was also sad that he could no longer do the things he used to do," says Hayley.

"This started a journey of healing for me because when you know what you are feeling and you can put words to it, you are then empowered to address your pain."

Hayley joined The Grief Centre of Western Australia team in 2021 as a volunteer, chairing the Management Committee, and is now working as the Business Development Manager and an Educator.

# Sessions Content

## **Session 1: Losing Me, Finding Me - 16 January 2024 | 9:30am-12:30pm**

Every carer experiences the costs associated with providing care to another human being, especially where there is a significant time and resource investment and where the functionality of the person being cared for is impaired, changing the relationship dynamics. It is easy to lose your sense of identity outside of the identity of carer.

This session creates an awareness of ambiguous loss and the associated grief, as well as, awareness of how that grief may be attended to and why it is important that we don't ignore it. It also will create an awareness of the identity of carer and how this can overlay our unique identity.

## **Session 2: Losing Them, Finding Them - 20 February 2024 | 9:30am-12:30pm**

Many carers struggle with the change in relationship dynamics following the incapacitation or reduced capacity of the person for whom they are caring. Where previously a partner may have played a very practical role in the relationship, they may now not be able to complete practical tasks. This causes an ambiguous loss in the relationship and there is a grief associated.

Further, wellness can fluctuate. Where lack of function may be extreme at one time, it may be less extreme at another. How does the carer manage these dynamic changes in power in the relationship?

This session will explore the dynamics of relationships, ambiguous loss due to changes in capacity and separating the person from the illness or physical, psychological or emotional limitation. It will help the carer to expand their awareness of others and increase their emotional intelligence.

## **Session 3: Discovering My Voice - 19 March 2024 | 9:30am-12:30pm**

Carers are often overwhelmed by a complex health system and navigating legal responsibilities. Asking questions, responding to requests for information, advocating for consideration in systems that are complex and difficult, can be stressful and seem overwhelming.

This session seeks to create an understanding of how to use your voice to be heard in a system that is sometimes deaf. Strategies for presenting your case objectively, enlisting the support of others and navigating systems successfully will be covered. It will also create an awareness of how being emotionally intelligent can transform interactions with others and help you get what you need in a respectful way.

## **Session 4: Discovering my Eagle Heart of Resilience - 23 April 2024 | 9:30am-12:30pm**

Carers are often stigmatised and marginalised because of their decision to provide unpaid care to the person they are supporting. This can cause feelings of isolation and disconnection from community. They can feel like they are walking on eggshells, with their sense of security threatened, causing hyper-vigilance and negative emotions.

This session will explore how we engage our resilience so that we can respond to negativity in our relationships with others and we reframe these negativities to rise above them. An uplifting and inspirational session that will spark new thinking.

## **Session 5: Finding Peace in the Process - 21 May 2024 | 9:30am-12:30pm**

Carers are often navigating tricky emotionally charged situations and may struggle with the dynamics of strained relationships because of the difficulties associated with the caring role. It can be difficult to hold onto peace when your environment is outside of your control. Or on the other side of the coin, the boredom of not being able to engage in what would be your normal life routines because of your caring responsibilities can also be stressful.

In this session we explore the challenges and rewards of the caring role and how we can be at peace with the process by using the tools of mindfulness, boundaries, and self-management. We will also create a comfort list to support self-soothing and stress reduction.

## **Session 6: Visioning My Way Forward - 18 June 2024 | 9:30am-12:30pm**

As you connect with self and start to take care of your own needs as a carer, the capacity to hold hope for the future rises. Often carers are so busy coping with the grind of their caring responsibilities that they lose sight that they matter and deserve a future with the opportunity for joy and fulfilment.

This session will explore values, dreams and visions for the future, developing a vision board of what the future could possibly look for in order for a pathway to be created towards it. We will also create a comfort list to support self-soothing and stress reduction.

Register now via [Humanitix.com](https://www.humanitix.com)

Cost: \$65 (full) \$50 (concession) per session

Venue: The Grief Centre of Western Australia,  
105 Banksia Street, Tuart Hill WA 6060

Phone: 0404 658 052

Enquiries: [hayley.solich@griefcentrewa.org.au](mailto:hayley.solich@griefcentrewa.org.au)

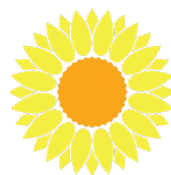
Morning tea provided. Please advise any accessibility or dietary requirements when you register.

Register for all six workshops and receive a 15% discount.

Presented in partnership with:



THE **GRIEF CENTRE**  
OF WESTERN AUSTRALIA



**MIFWA**

WA GRIEF SUPPORT Inc. trading as THE GRIEF CENTRE OF WESTERN AUSTRALIA (GCWA)

LOCATION: 105 Banksia St, TUART HILL 6060

POSTAL ADDRESS: PO BOX 2033, YOKINE SOUTH, 6060

**0404 658 052**