



GRIEF & LOSS PROGRAM NEWSLETTER

Welcome to 2026!

I hope you all enjoyed a wonderful Christmas spent with family and friends, and that the new year has begun well for you. It's hard to believe that the festive season was only just over a month ago – and already we're seeing hot cross buns on the shelves! Time certainly moves quickly.

Our Grief and Loss program concluded last year on a very positive note, and we are looking ahead to 2026 with great enthusiasm. There are new initiatives on the horizon, along with fresh opportunities and regions in which we can continue to grow and develop.

As I've shared before, the strength and impact of this program comes from your partnership and ongoing passion. Together, we continue to provide meaningful and compassionate support to so many people.

Thank you for being part of our Grief and Loss team in 2026. I look forward to all that we will achieve together.



Jeff Howard
Manager of Mission and Pastoral Care



Meet our Bridgeman Downs Team

There are moments when you meet people and quietly think, these are the ones who understand. Meeting the Bridgeman Downs team was one of those moments. Their shared purpose was immediately tangible: to ensure no one walks the road of grief feeling unseen or alone.

This remarkable group of women are the facilitators who run the Grief and Loss, and Grief, Loss and Dementia programs. Each brings a deeply personal understanding of grief, having experienced loss in many forms—husbands, parents, children, and the slow heartbreak of dementia. Their knowledge is not learned from textbooks alone; it is lived.

What stood out most was not the weight of their loss, but the light they carry. Despite everything they have endured, they show up with compassion, warmth, and a quiet joy that sits gently alongside grief. Their care goes far beyond the sessions they facilitate—they are constantly learning, watching documentaries, researching, and seeking new ways to better support those in their programs.

To witness women who have walked through profound loss and still choose to serve others with such empathy and hope is truly inspiring. The Bridgeman Downs team is a powerful reminder that even after loss, purpose can be found—and joy can still grow.

- Sarah Nel



If you or someone you know is in urgent need of help call 000

Crisis Support is also available 24 hours a day, 7 days a week through:

Lifeline on 13 11 14

or text 0477 13 11 14 or chat online

13Yarn on 13 92 76

for confidential and culturally safe support for Aboriginal and Torres Strait Islander peoples

Available to order

'My Grief Journal' is **free** for all participants in facilitator led groups. Participants will be able to have a keepsake from their grief and loss journey; a space to reflect and journal.



**Note minimum 1 week notice is required to assist with postage.*

ORDER NOW

Finding Connection and Support

Upcoming Groups:

Grief and Loss of a Loved One

Toowoomba

Tuesday February 3 - March 24 2026
Friday February 6 - March 27 2026
Thursday April 23 - June 11 2026
Friday October 9 - November 27 2026

Bridgeman Downs

Monday February 9 - March 30 2026

Robina

Monday February 9 - March 30 2026
Monday May 11 - June 29 2026
Monday July 13 - August 31 2026

Warwick

Wednesday February 11 - April 1 2026

Kenmore

Friday February 13 - March 27 2026

Elanora

Monday February 23 - April 13 2026

Cairns

Tuesday February 24 - April 14 2026

Maroochydore

Thursday April 9 - May 14 2026
Thursday August 6 - September 10 2026

Ipswich (Springfield Lakes)

Tuesday April 14 - June 2 2026

Grief, Loss and Dementia

Toowoomba

Monday February 16 - March 16 2026

Bridgeman Downs

Tuesday February 17 - March 17 2026

Buderim

Tuesday February 17 - March 17 2026

Stafford

Wednesday February 18 - March 18 2026

Facilitator News

Planning a program in this year? Please take a moment to register using the link below.

[Enter 2026 Group Information here](#)

Grief and Loss Facilitator Training

[Enquire now](#)

Do you know someone interested in signing up for the program?

Enquire Now

One of our team members will contact them with program details.

STAY IN CONTACT WITH THE TEAM



JEFF HOWARD 0477 102 482



JEN NEL 0460 571 946



BARB BETTS 0417 555 826



griefandlossprogram@bluecare.org.au