

# VAD support groups



## Comfort and support from those who understand

Our group program draws upon the emotional benefits of peer support, in conjunction with evidence-backed information to help reduce the stigma that can be associated with Voluntary Assisted Dying (VAD), and building an understanding that each person experiences grief in their own way.



### Pre-VAD groups

A closed group environment for individuals seeking group support from people who are also facing the death of someone who has chosen the path of VAD.



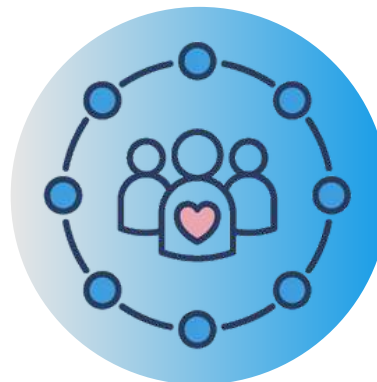
### Post-VAD groups

A closed group environment for individuals seeking group support after the VAD death of a friend or family member.


# Group support framework


Facilitated by a Griefline grief and bereavement counsellor and supported by a Dying With Dignity Victoria lived experience peer.


Our groups are a safe space for you to connect and share with others who can relate to the uniqueness of loss and grief associated with VAD.




## Groups details

 Maximum of 8 participants

 Each group meets on a weekly basis, over 6-consecutive weeks.

 Support groups are 2-hours in duration and conducted online, via Zoom

 Support groups are free

Learn how to navigate your grief and cultivate self-compassion while reducing a sense of isolation by fostering connections.

Some of the topics we will discuss:

- Addressing stigma by normalising the VAD experience
- Understanding the emotions & challenges associated with VAD
- Ways to support your health & wellbeing while facing loss

## How to register

Please complete the VAD support groups program expression of interest form.

Scan the QR code to access the webform.

Or go to: [griefline.org.au/get-help/vad-support-groups/](https://griefline.org.au/get-help/vad-support-groups/)



For assistance email [intake@griefline.org.au](mailto:intake@griefline.org.au)

Or call **(03) 9087 2312**