



*Growing Women in Christ through sharing the Bible*

CWCI (Christian Women Communicating International Inc) is a worldwide Bible-based faith ministry which began in Australia in 1957 with a small group of women who away for a weekend of Bible teaching.

- Local CWCI events held in cities and country areas offer encouragement, inspiration and Bible teaching.
- Know Your Bible studies are used regularly throughout Australia. Studies are also available in other languages and throughout the world.
- CWCI Safaris travel into remote areas of Australia with Christ's love and teaching.

To contact your local committee for details of events in your area:

**Phone** 32840710

**Email** [kayedevine@hotmail.com](mailto:kayedevine@hotmail.com)

If your local contact is unavailable please contact our Head Office:

**Phone** (02) 9740 6355 **Fax** (02) 9750 5330

**Email** [asoho@cwciaus.org.au](mailto:asoho@cwciaus.org.au) [www.cwciaus.org.au](http://www.cwciaus.org.au)



## *Coping with Loss*

Helpful strategies to cope with the different types of loss we might experience in our lives

An Invitation from Redcliffe  
CWCI Committee



## Jenny Billingham

*MCouns; Grad.Cert.Bereavement Counselling & Interventions;  
DipCouns; DipMin; Cert IV TAE.*

When we think of loss, we often think of losing a loved one, but loss encompasses much more than death. Loss can and will affect all of us during our lifetime and likely more than once.

Relationships sometimes breakdown, accidents can lead to loss of property or health; redundancy leads to loss of income and often identity.

Ill health or ageing might lead to diminishing physical or mental capacity. Loss of long-held dreams and plans can be difficult.

Watching a loved one succumb to ill health or dementia can be terribly painful. We can lose money and the security that might provide us.

Jenny will explore different types of loss, and how we might navigate our way through them.

As we are all individuals there is no-one size fits all” approach that works with coping with loss. Jenny hopes to offer some helpful strategies to cope with life’s different issues.

**Date** Monday 17th June 2019

**Time** 6:30pm – 9:00pm

**(2 sessions with refreshment break)**

**Where** Salvation Army Hall

**64 Ashmole Rd Redcliffe**

**Cost** \$10.00 (Pay at the door)

**RSVP** 14th June

**Contact** Lynne 0414 935 273

**Rose 0438 403 198**

**rose.alexander@hotmail.com**

Sorry, there is no childminding at this event, which is suited for women 16 years and over.