



Support Group In Woodside

You can find support by connecting with others with similar experiences.

What is a support group?

A support group is a group of five or six people who are facing similar life situations, like the set-backs and stresses of the bushfires, who meet regularly to discuss their experiences, difficulties and strategies for change.

What are the benefits of joining a support group?

Many people have found it helpful to share and learn from others with similar experiences. It can show you that you are not alone and provide a safe space for you to discuss your situation and your feelings. Our groups are facilitated by a Lutheran Community Care counsellor and can help you develop new practical skills and provide new coping strategies.

Do you think this could help you?

Please contact us if you have any questions or would like to book a place.

Where

Woodside Lutheran
Church Offices

Contact Us

Tamara Martin
LCC Counsellor
0438 890 256

Pastor Tim – Woodside and
Springhead 0400 734 619

Pastor Joe – Lobethal
0451 055 852

Pastor Dave – Birdwood
0474 229 959



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