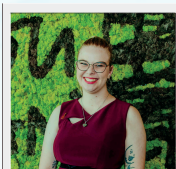


Good
grief,
this
hurts!

GROWING UP AND GRIEVING: **DEEPENING OUR UNDERSTANDING** **OF YOUNG PEOPLE'S GRIEF**

Good grief, this hurts! is a **free**, annual educational event aimed at building community capacity and practical awareness about grief, loss, death, and bereavement as experienced by children and young people. The event is an opportunity to enhance knowledge and skills in supporting a grieving child or young person.

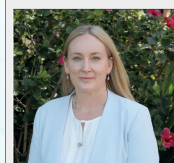
In 2025, the "Good grief, this hurts!" webinar will focus on "**Growing Up and Grieving**," exploring how children and young people hold and carry grief. This 2-hour virtual session will address the unique challenges they face, the evolution of their grief, and how adults can provide support. It is open to **anyone** caring for a grieving child or young person, including family, friends, teachers, healthcare providers, and youth-focused organizations.



Ainslie Plumb

This year's webinar is hosted by **Ainslie Plumb**, Youth Cancer Advisor with the Youth Cancer Service, who brings her personal experience of love and loss. Ainslie will be joined by Lauren, Meg and Shelly, who are distinguished professionals to share current perspectives on re-imagining childhood grief.

Dr Lauren Breen, psychologist, researcher, author, TEDx speaker, and Professor of Psychology at Curtin University. Her work explores grief and loss across the lifespan, with a focus on mental health and wellbeing. Lauren is passionate about fostering a compassionate society where grief is acknowledged and supported.



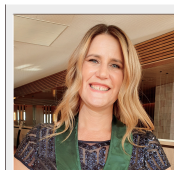
Lauren Breen

Meg Chin, senior social worker, Family Support Team Leader, and certified EPEC-Paediatrics Trainer. Meg specialises in play-based counselling and children's rights, and is currently undertaking a PhD on the lived experiences of children who have lost a sibling to a life-threatening condition.



Meg Chin

Shelly Skinner, social worker and CEO/Founder of Lionheart Camp for Kids, a not-for-profit supporting children, teens, and families after the death of a significant loved one. Shelly has received multiple awards for her leadership and community service, and has co-authored articles and a children's storybook on grief.



Shelly Skinner

Jo Bidgood, Bereavement Coordinator, Social Worker, and previous GGTH host, returns to facilitate the interactive Q&A panel, giving attendees the opportunity to engage directly with the panel members and continue the conversation.



Jo Bidgood

To register <http://tix.yt/ggthwebinar2025>

Have your phone ready and scan the QR code or Google "GGTH 2025" to register for the webinar. If you're unable to attend live, don't worry still register, we will provide a link to watch the recording after the event.

Any questions phone – 0438 038 900 or email – quoccaclined@health.qld.gov.au

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