



## **SUPPORT GROUPS FOR BEREAVED PEOPLE**

Have you experienced bereavement in relation to the death of a child, or some other kind of bereavement in the last couple of years? Would you be interested in attending a support group with others who may have been through similar experiences?

**The Grief Centre** is running 2 eight week groups. Each group is being facilitated by qualified and experienced counsellors. Each week we will look at different aspects of the grief and loss experience, giving you the opportunity to talk about your loss, and reflect on the changes this has brought to your life. With this may come new understanding of what has happened to you and ways to adjust to this loss.

### **Bereaved Parents Support Group**

For parents who have experienced the death of a child of any age. The death may have been health related, accidental, or by other means.

**Tuesdays 7-9 pm, starting 21 Feb 2012  
at The Grief Centre**

**92 Hinemoa St, Birkenhead**

**Cost:** A contribution of \$10 per session is requested, where possible.

### **General Bereavement Support Group**

For those who have experienced a bereavement sometime in the last couple of years.

**Wednesdays 7-9 pm, starting 21 March 2012  
Upstairs at Morrison's Funeral Home**

**220 Universal Drive, Henderson**

**Cost:** A contribution of \$10 per session is requested, where possible.

If you are interested in attending the group, or would like more information, please contact The Grief Centre on 4181457, or email [info@griefcentre.org.nz](mailto:info@griefcentre.org.nz).

Our thanks to **COGS** for their support



[www.griefcentre.org.nz](http://www.griefcentre.org.nz)