



## BEREAVEMENT SUPPORT GROUP

A support group for those who have experienced a bereavement sometime in the last few years. This is an opportunity to meet with others who may have been through similar experiences.

**The Grief Centre** is running an eight week programme, facilitated by qualified and experienced counsellors. Each week we 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.

**Bereavement Support Group**  
**Thursdays, 7-9 pm, starting 2 October, 2014**  
**Location: Dove House, 207A Riddell Rd, Glendowie**

**Cost:** \$10 per session where possible

**Registration is essential.**

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

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

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