



GRIEF
CENTRE

SUPPORT GROUP FOR BEREAVED PARENTS

Have you experienced a bereavement in relation to the death of a child? Would you be interested in attending a support group with others who may have been through similar experiences?

Tuesdays 7-9 pm, starting 21st February 2012

at The Grief Centre

92 Hinemoa St, Birkenhead

Cost: A contribution of \$10 per session, where possible, would be appreciated to assist with the group costs.

The Grief Centre is running an **eight week group** for parents who have experienced the death of a child of any age. The death may have been health related, accidental, or by any other means. The 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 huge loss.

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. Numbers limited.

*Our thanks and appreciation to **COGS** for their support.*

www.griefcentre.org.nz