



GRIEF
CENTRE

SUPPORT GROUP FOR BEREAVED PEOPLE

Have you been bereaved sometime 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 a group that will begin **March 21**, and run for eight weeks. 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 loss.

The group will be held on

Wednesdays 7-9 pm

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 .

Our thanks and appreciation to COGS and Morrison's Funeral Home for their support

www.griefcentre.org.nz