



Grief and Trauma – A Holistic Approach

When: 25 November 2014, 10 am – 11.30 am

Where: The Grief Centre, 92 Hinemoa Street, Birkenhead

Speaker: Jeanette Shearer,

(First Light Flower Essences Practitioner, Bodytalk and Accunect Practitioner, Educator)



In this seminar Jeanette Shearer will share her family's experience after the death of her grandson in a driveway accident. She will teach and demonstrate some simple techniques for bringing someone out of shock and helping to release trauma. She is very grateful for the help and support of the community around her and will discuss some of the things that helped them to get through the immediate time after the accident and also some things that continue to help them to live with the loss. This seminar may be useful for people who have experienced trauma, and those who are supporting or working with them.

Jeanette will also be drawing on her experience as a holistic therapist working with a number of tools to help people to address the physical, emotional, mental and spiritual issues that people face, especially in dealing with stress and overwhelm.

There is no charge for this seminar, however we invite you to help us to support others through the holiday season and throughout the year by making a donation on the day or on our website www.griefcentre.org.nz on #GivingTuesdayNewZealand 2 December 2014 or anytime.

Registration essential. Please phone 09 4181457 or email info@griefcentre.org.nz

