



Managing Grief at Holiday Times

When: Tuesday 18 November, 2013, 12 – 1.30pm

Where: The Grief Centre, 92 Hinemoa St, Birkenhead

For many people living with loss and grief, Christmas, holidays, and anniversaries can be a painful time and often approached with dread. They may be times of intense loneliness, sadness and emptiness. Perhaps it is a time to think about the people around you who have faced a major change, loss or grief. What could you do to support them at this time? What is helpful? What is not helpful? This seminar will give you the opportunity to meet and talk with others who may be experiencing similar feelings, as well as gaining some practical suggestions on ways to get through this difficult time.

We hope this seminar will be useful for those who have experienced a loss, those who have friends or family experiencing change and loss, as well as those in the community who may work or support people affected by grief and loss. Feel free to bring a friend.

The workshop will be facilitated by Mallika Krishnamurthy, from The Grief Centre, an educator by profession. The workshop will finish with time for a cup of tea and the chance to talk with others.

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 any other time.

