



WELCOME TO Grief Matters

Nau mai, haere mai, welcome to the Grief Centre September community newsletter.

This month, we take a look at how we can navigate Father's Day while grieving. If you need more support through your grief journey please check out our [online resources](#) or [contact us](#) for counselling. We may be able to offer subsidised counselling with thanks to our recent funders - details in the article below.

In this month's newsletter

- Holding love and loss on Father's Day
- Love letter from the afterlife
- Subsidised counselling available
- Events and news from Grief Centre and our friends
- Join the Grief Centre team
- Thank you to our recent funders
- How you can help
- Contact and support numbers

If you have been trying to contact our Birkenhead office lately you may have noticed our response times are a little longer than usual. Please bear with us as we are experiencing a high demand.

Ngā mihi nui,
Grief Centre Team ❤️

September quote

“Sometimes grief is a friend you wish you didn't know, but that you have to spend time with because love brought them along to the party. And the party was worth it.”- Nanea Hoffman

What our professional development clients say

'One of the most transformative and enlightening webinars I have ever had the privilege to participate in'

Feedback received in August from a professional development webinar participant

Holding love and loss on Father's Day

Father's Day is this Sunday 07 September. It can be a day of mixed emotions - for some it's a time of celebration, while for others it brings tender reminders of someone who is deeply missed.

A gentle reminder

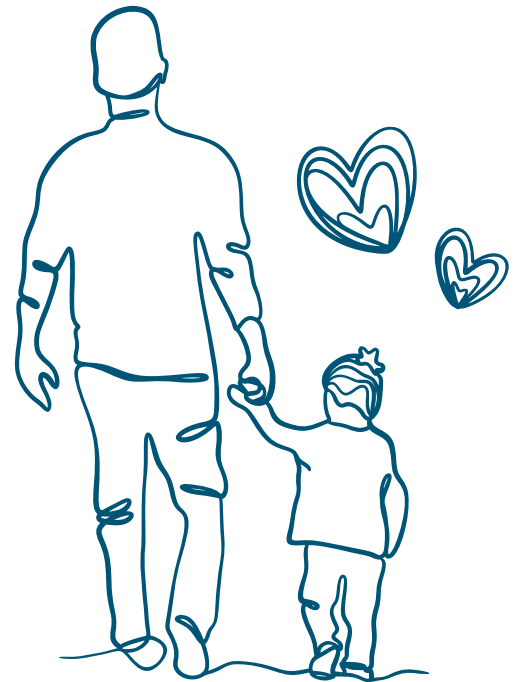
Grief is the price we pay for love. It reflects the deep bonds we share, and it's natural to feel that love more strongly on days like this. Whether you honour your father, a child, a partner, or the dream of fatherhood, your way of remembering is valid.

Ways to care for yourself around Father's Day

- ✿ Share a story or memory that brings warmth.
- ✿ Spend time in a place that feels comforting.
- ✿ Maybe make dad's favourite dish in his honour.
- ✿ Allow yourself quiet space if that's what you need.
- ✿ Reach out to someone who understands.

Key things to know about grief

- ✿ **It's personal** — there is no "right way."
- ✿ **It comes in waves** — some days heavier than others.
- ✿ **It affects mind, body, and spirit.**
- ✿ **It needs space** — to talk, cry, or simply sit with.



On Father's Day, we hold space for both the love and the loss. Your feelings matter, and your journey is yours to honour in your own way. ❤️

If you need professional support through your grief journey please [contact us](#) or see our [website](#) for resources.

Grief Centre events and important dates



Community Support

- **Free Grief Group.** This popular weekly drop-in group is unfortunately being paused for now. Please keep an eye on this newsletter and our social media channels for more info.
- **Monthly walking group and coffee** - last Monday of the month, 10am, North Shore, Auckland. Contact us for location details. Newcomers welcome.

Professional Development

- See [our website](#) for details on upcoming webinars on 'Managing loss and grief in the workplace' and 'What it means to age well: Discourses of ageing, loss and grief'.

Love letter from the afterlife

excerpts from Andrea Gibson's poem

My love, I was so wrong. Dying is the opposite of leaving. When I left my body, I did not go away. That portal of light was not a portal to elsewhere, but a portal to here. I am more here than I ever was before. I am more with you than I ever could have imagined. So close you look past me when wondering where I am. It's Ok. I know that to be human is to be farsighted. But feel me now, walking the chambers of your heart, pressing my palms to the soft walls of your living. Why did no one tell us that to die is to be reincarnated in those we love while they are still alive? Ask me the altitude of heaven, and I will answer, "How tall are you?"

... My love, I want to sing it through the rafters of your bones, Dying is the opposite of leaving. I want to echo it through the corridor of your temples, I am more with you than I ever was before. Do you understand? It was me who beckoned the stranger who caught you in her arms when you forgot not to order for two at the coffee shop. It was me who was up all night gathering sunflowers into your chest the last day you feared you would never again wake up feeling lighthearted. I know it's hard to believe, but I promise it's the truth. I promise one day you will say it too – *I can't believe I ever thought I could lose you.*

What our counselling clients say

Being able to talk with someone outside of your family/circle of friends provides a fresh perspective, allows you to open up without judgement or impacting on your close relationships and talking really does help

Feedback received in July from a counselling client

Looking for subsidised counselling?

We are pleased to have funding available to offer subsidised counselling in the following communities:

- North Shore, Auckland
- Auckland City
- Rodney
- Manukau
- Waitakere



If you are a member of one of these communities and are in need of counselling services, please [contact us](#). Subject to availability and eligibility.

We also have a small amount of funding for subsidised counselling for people living outside these areas. Also subject to availability and eligibility. *Many thanks to our generous funders detailed below for making it possible to offer this subsidised support to our communities in need.*

Join the Grief Centre team!

Check out the current Grief Centre vacancies [on our website](#). We are recruiting for several roles including:

- Bereavement Support Service Coordinator
- Office and Clinical Administrator
- ACC Clinical Team Lead

Events and news from our friends



Dying Matters Week: 01 - 07 September

Dying Matters Week is on across Aotearoa this week. This event is all about connecting people across the motu to start conversations in a safe space, learn from local experts and seek support to get affairs in order and navigate grief or loss.

Check out the extensive events schedule [here](#)

What our counselling clients say

I feel so much 'lighter' after each session, just being able to open up and release my thoughts without judgement is uplifting. [My counsellor] has just the right amount of empathy and compassion and gives the right amount of advice and support. I'm so grateful for the opportunity to have had these sessions.

Feedback received in April from a counselling client

Many thanks to our recent funders



How you can help

NOMINATE GRIEF CENTRE!

The Nespresso Care For You Fund could help us provide more subsidised counselling for those navigating loss and grief.

Please take a moment to nominate us (Grief Support & Education Charitable Trust) and help make mental health support more accessible.

Every nomination counts!

[Nominate](#)

Times are tough for many individuals and families in our community right now. If you'd like to support Grief Centre in other ways and make a meaningful impact in someone's life, here are some options.

- ♥ [Click here to make a one-off or regular donation via our website.](#)
- ♥ [Click here to become a sponsorship partner.](#)
- ♥ [Click here to leave a gift in your will.](#)

We appreciate any donation to support those going through loss and grief.

Thank you for making a difference!



Thank you to all our wonderful volunteers, funding partners and supporters who provide the Grief Centre with funding and other resources to ensure we can support New Zealand communities living through loss.



Contact and Alternative Support Numbers

Counselling, Support Groups & General Enquiries

Phone: 09 418 1457
Freephone: 0800 331 333
Email: admin@griefcentre.org.nz

Physical Address:
97 Birkenhead Avenue
Birkenhead Auckland 0626

Postal Address:
PO Box 34548
Birkenhead Auckland 0746

Charities Registration Number CC38713

Grief Centre is not a crisis service.

Other assistance and support available includes:

Lifeline (24/7 free helpline) 0800 LIFELINE (5433 5463)
Text to talk 1737 (free phone counselling)
Youthline 0800 376 633
Suicide Crisis Helpline 0508 828865

If you have serious concerns about a person's immediate safety (or your own) please call: 111

Te Whatu Ora's Urgent Response Team (numbers vary around New Zealand, in Auckland it is 0800 800 717)

