



**Grief Centre**  
*support + education*

# *Drop-in Grief Group*

Please join us at our free, weekly drop-in grief group where you can connect with others who share similar experiences, while receiving compassionate guidance as you navigate your grief journey. The group is run by a qualified facilitator with tea, coffee and biscuits provided.

Whether you're grieving the loss of a loved one, a relationship, a job, or a different kind of change, we are here to help.  
No registration necessary.

*Parking is limited on site. We're well connected with public transport, or please use local parking on Birkenhead Ave or around Highbury. If you have accessibility needs, please contact our office.*

**Where:** Grief Centre, 97 Birkenhead Ave, Birkenhead, Auckland

**When:** Every Wednesday 10.30am - 12.00pm

**Cost:** Free thanks to generous grant funding

**Contact:** [admin@griefcentre.org.nz](mailto:admin@griefcentre.org.nz)  
0800 331 333

