

WELCOME TO

Grief Matters

Welcome to February at the Grief Centre

From farewelling our General Manager to sharing insights on pet loss, here's what's inside this month's newsletter;

- **Farewell to General Manager Katrina King** – After two years of leadership, Katrina is moving on to an exciting new opportunity; keep reading to see highlights from her time at the Grief Centre.
- **Exploring pet loss** – Research shows pet loss grief is nearly as intense as human loss; learn more and watch Katrina on Breakfast.
- **Important dates** – Stay up to date with key events, training sessions, and community gatherings.
- **The power of giving** – A client's heartfelt story on how funding supported their grief journey.
- **Thanking our funders** – Acknowledging the funders who make our work possible.
- **February's guidance for grief** – Some words of wisdom from our favourite Grief Centre resource.

Ngā mihi nui,

The Grief Centre Team ❤️

"Death is a challenge. It tells us not to waste time. It tells us to tell each other right now that we love each other."

- Leo Buscaglia



A fond farewell

TO KATRINA KING
General Manager

We want to say a heartfelt farewell to Katrina King, who is stepping down from her role as General Manager to pursue an exciting new opportunity. While we are sad to see her go, we are incredibly grateful for her leadership and contributions since joining us in January 2023. Katrina's energy, creativity, and strategic vision have helped shape the Grief Centre in so many ways. Some of her key achievements include:

- Leading our office move to 97 Birkenhead Avenue, ensuring a welcoming and functional space.
- Refreshing our brand and strengthening our presence in the community.
- Securing the ACC Sensitive Claims contract renewal, ensuring continued support for our clients.
- Expanding our Bereavement Support Services and counselling teams to meet growing demand.
- Hosting the "Let's Talk About Grief" conference, bringing experts and the community together.
- Enhancing our digital presence and introducing new systems to improve our services.
- Organising our 15th birthday celebration, making it a truly memorable event.

Katrina's impact will be felt for years to come, and we thank her for her dedication and passion. We wish her all the best in her next adventure!



With Katrina's departure, we are looking for a new person to lead our wonderful organisation, find out more [here](#).

Exploring Pet Loss and Grief

New pet loss research

Our latest research, supported by the Funeral Directors Association of New Zealand, reveals how deeply Kiwis are affected by the loss of their pets. The findings shed light on the emotional impact of pet loss and why support services are so essential.

[You can read the media release and research summary here](#)



Watch General Manager Katrina King on Breakfast NZ

Losing a pet can be just as devastating as losing a family member, and our recent research confirms it. Our General Manager, Katrina King, appeared on Breakfast to highlight the importance of recognising and validating this grief.

[Watch the full interview here](#)



Important dates

WHAT'S COMING UP AT GRIEF CENTRE

Community Support

- **Free Grief Group:** 10.30am-12pm weekly Wednesday drop-in group at 97 Birkenhead Avenue
- 24 Feb 10am: **Monday walking group Birkenhead** (Check our Facebook page for updates)

Professional Development Courses (Live Webinars)

- 18 Feb 1pm: Supporting Grief Journeys - Making meaning and moving forward
- 25 Feb 1pm: Insights into Suicide Bereavement - Supporting unique grief journeys
- 18 Mar 1pm: Assisted Dying - Supporting people through their journeys and grief
- 25 Mar 1pm: Tangihanga - A Māori perspective on loss and grief

The Power of Giving

HELPING MORE PEOPLE THROUGH GRIEF

At the Grief Centre, we see firsthand the impact of compassionate support. When people reach out to us during some of the most difficult times in their lives, they often feel lost, overwhelmed, and unsure where to turn. Thanks to our incredible supporters, we are able to offer counselling and grief services that truly make a difference.

"All my sessions were amazing. I was treated with such care, respect, and understanding. I feel able to cope much better each day only because of [counsellor's] wonderful guidance, teaching, and caring nature. I know for a fact I would have not been in a good place if it wasn't for her grief sessions. Thank you so much. I am also very grateful, from the bottom of my heart, to the sponsor who subsidised my sessions. You were and are my saving grace when I found myself in the darkest headspace ever."

This feedback is a reminder of why our work is so important—and why donations matter. Many of the people we support would not be able to access counselling without subsidies made possible through generous funding. Every donation, no matter the size, helps ensure that more people receive the care and guidance they need during loss and grief.

HOW YOU CAN HELP

If you'd like to support the Grief Centre and make a meaningful impact in someone's life, there are a few ways to donate:

- ♥ **Make a one-off or regular donation via our website.**
- ♥ **Become a sponsorship partner.**
- ♥ **Leave a gift in your will, ensuring support continues for future generations.**

Your generosity provides a lifeline to people experiencing loss. Together, we can ensure no one has to navigate grief alone.

Thank you for making a difference!



Thank you to our recent funders



Christine Taylor Foundation

For granting funds to help provide affordable counselling services to individuals experiencing loss, trauma and grief.



Pelorus Trust

For helping us make loss and grief counselling more accessible in Wellington through subsidising the cost of sessions.

What our clients say

‘Wonderful caring people. Helped me and continue to do so. I was never judged for my situation by anyone I dealt with. Welcomed with open arms. Thank you.’

February's Guidance for Grief

- It can be helpful to allow yourself space to experience, not avoid, your feelings. Letting them out can provide relief and help your grief journey.
- Seeking support is important – you don't have to struggle and grieve on your own. This can be talking to friends and family or attending counselling or support groups.

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)

