

WELCOME TO

Grief Matters

In this month's April newsletter:

- **Out and about** – see how we've been connecting with our local community and raising awareness about support for loss and grief
- Explore the role of a **death doula** – how they can bring peace to the end-of-life journey
- Listen in on **thoughtful conversations about death** – honest kōrero that helps normalise this part of life
- See what's on – upcoming **community groups and professional development opportunities**
- Discover **what can help when you're grieving** – practical tips for caring for yourself through loss
- Get answers to your **legal questions about wills** – what they are, why they matter, and how to get started
- Join us in **thanking our generous funders** – who help us continue to support those journeying through loss

Talking about death and loss isn't always easy—but it's part of life, and we don't have to face it alone. We're here to walk alongside you, offering knowledge, tools, and support to help you care for yourself and those you love through times of loss.

Ngā mihi nui,
The Grief Centre Team ❤️

*"Ko te utu o te aroha, ko te mamae.
Grief is the price that we pay for love"*

GRIEF CENTRE WHAKATAUKI



Out and about

On 9th April, our Clinical Coordinator, Michelle (pictured left), and Henderson-based counsellor, Rosie, attended the Community Services Open Day at Waitākere Hospital, organised by Waitākere Health Link.

It was a great opportunity to connect with community organisations and talk with patients and their whānau about the support we offer.

Events like this help raise awareness around loss and grief, and let people know that specialised support is here when it's needed.

What our clients say

"My counsellor made me feel so comfortable to share stories about my mom and she always reminded me that I should be kinder to myself and that my emotions are valid considering how fresh the loss is. It was nice to be reminded that grieving is a process and that I should not rush it"

Feedback received from a counselling client



Compassion at life's end: The role of a death doula



Dying is a part of life, yet it's often met with fear and uncertainty. Imagine having someone by your side—a calm, reassuring presence—helping you and your loved ones navigate this transition with dignity, understanding, and peace. That's what a death doula does.

What does a death doula do?

Much like a birth doula welcomes new life, a death doula provides holistic, non-medical support at the end of life. Their role is deeply personal and may include:

- Emotional support – offering a steady, compassionate presence.
- Legacy work – helping create letters, recordings, or keepsakes.
- Cultural and spiritual support – ensuring your needs are met
- Practical guidance – assisting with planning, advocacy, and ensuring final wishes are honoured.

How do they fit with other end-of-life care?

Death doulas work alongside hospice and hospital teams, GP's, and other health providers—not replacing them but complementing their care. While medical professionals focus on physical comfort, doulas ensure emotional and spiritual needs are met, making the dying process as peaceful as possible. Doulas are able to support you to bring your loved one home to die, if that is their wish.

How to find a death doula in Aotearoa

If you or your whānau could benefit from this gentle, personalised support, the End of Life Doula Alliance Aotearoa (ELDAA) can help. Visit eldaa.org.nz to connect with a trained doula near you.

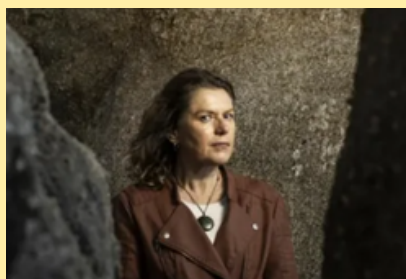
Because every ending deserves care, love, and respect.



"Death is not the opposite of life, but a part of it"

Haruki Murakami

Looking for thoughtful conversations about death?



DEATHWALKER'S GUIDE TO LIFE

A podcast that explores how we can live life more fully by normalising our demise



THE IMPORTANCE OF BEING FRANK ABOUT DEATH

An interview with Kathryn Mannix



THE CONVERSATIONS YOU DON'T WANT TO HAVE WITH YOUR PARENTS - BUT YOU SHOULD

An article by Alexia Santamaria

For more resources follow [End of Life Doula Alliance Aotearoa - Dying and Death Conversations NZ facebook page](#)

Important dates

Community Support

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

Professional development courses (live webinars)

- 29 Apr 1pm: **Supporting through pregnancy and baby loss** - *Crafting therapeutic conversations with mothers, partners and children*
- 20 May 1pm: **Understanding addiction** - *A guide for counsellors supporting clients*
- 27 May 1pm: **End of life doulas** - *Complementing healthcare, community and family support of the dying.*

Living through loss and grief

What can help

- ✓ Seek support and understanding in your grief from those around you: find opportunities to experience and share your emotions.
- ✓ Cry when you feel the need.
- ✓ Remain aware of your breathing and take slow and deep breaths when you feel overwhelmed.
- ✓ Try to eat, hydrate and sleep regularly.
- ✓ Even though you may not feel like it initially, try to exercise. Walking is a great release and boost and is even better with a friend to talk to as you walk.
- ✓ Create ceremony or ritual around the death and remembering your loved one.
- ✓ Access information and resources that may help you to process your grief.



Your big legal questions, answered

Do you have questions about wills and estate planning?
You're not alone!

Many find the process confusing, so we're sharing a short, insightful 30-minute webinar to clear things up.

- ◆ What is an online will?
- ◆ What stops people from writing one?
- ◆ Do you need a simple or complex will?
- ◆ Why is having a will so important?

Hosted by legal expert Rica Ehlers, this webinar is packed with key insights to help you (or your loved ones) make informed decisions.

Watch now and get the answers you need!



Access the **webinar**

Access a **free will**

Every storm runs out of rain

Maya Angelou

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

Thank you to our recent funders



Thank you
John Stewart
Booth Trust



With your help we have
successfully set-up and run 16
weekly drop-in Grief Groups

*"I thought the Group yesterday was great and that
everybody could really relate to each other in some way"*



Thank you
Aotearoa Gaming
Trust

for helping us support
people through tough times

*"the Grief Centre has supported
me through an awful period in my
life and really helped me work
through my 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 contribute:

- ♥ 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)

