



Walking Through The Shadows

A four week support group
for anyone experiencing
the pain of grief or loss

Time: 6.00—7.30pm

Day: Wednesdays October 18th—November 8th

**At: Anglican Care Centre
1b Deveron Street, Regent, Whangarei**

Walking Through the Shadows

Registration essential—phone—437 6397 or email: enquiry@whgcare.org.nz

This is a four week small group course where you can process and understand the grief and loss you are facing.

You are invited to participate as much or as little as you feel comfortable with.

The group will be facilitated by trained counsellors:

Lyn Hutchinson & Jennie Gill

In the group you will have:

- ✧ An opportunity to explore the grief process and what that experience may look like for the individual, in a safe and supportive environment.
- ✧ Help to form strategies to assist in managing life with the inevitable changes that grief and loss bring.

*Please note: this group will not be appropriate for those early in the grief process
(if the loss has been within the last 6 months)*

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