



Walking Through The Shadows

Dates for 2022 to be advised

Times: 1.00pm—2.30pm

Anglican Care Centre, 1 Mill Road, Regent,

Whangarei

Cost: No charge

Walking Through the Shadows

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

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

The group will be facilitated by trained counsellors:

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)*

Registration essential — phone 437 6397

or email equiry@whgcare.org.nz