



Navigating Grief

Mondays 31st Oct, 7th, 14th & 21st Nov 2022

1pm—2.30pm

Anglican Care Centre

1 Mill Road, Regent, Whangarei

Cost: No charge

Navigating Grief — a four week workshop

**A safe and supportive environment to help process the pain
surrounding the loss of a loved one.**

The group will be facilitated by trained counsellors:

Lyn Hutchinson and Suzanne Mackay

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

Registration essential — phone 09 437 6397

or email enquiry@whgcare.org.nz

*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)*