



# Navigating Grief

Dates for 2023 to be advised

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.

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](mailto: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)*