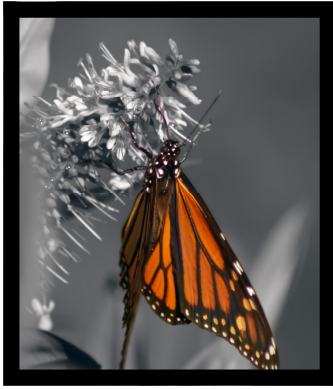


# Bereavement Group



*I know that I can't turn  
the seasons back.  
Never again will I enjoy  
this last summer.*

*But in the deep cold  
of frozen sap,  
There is a message  
of spring and summer to come.  
And already, where old leaves fell  
there are the beginnings  
of new buds.*

*All I can do today,  
is lie still and wait.  
Knowing that when  
the greenness and light  
come again,*

*To receive support, to learn about and  
understand the experiences and effects  
of grief alongside others in similar  
situations.*

## Week 1

- Welcome
- Exploration of grief responses.
- Acknowledgement of personal experiences.
- Getting to know each other.
- The role of the group.

## Week 2

- Deepening our understanding of the range of grief responses; behavioural, spiritual, thoughts, physical, feeling, societal.

## Week 3

- Memories: you are invited to bring a memento (photo, special object, something of significance to you and the loved one you have lost).

## Week 4

- Addressing and acknowledging that there may be some things left unresolved by our loss.

## Week 5

- Linking changes in the season to how we grieve.
- Acknowledging the changes within and identifying new strengths.

## Week 6

- How to meet the challenge of managing loss.

## What Some Have Expressed At The End of our Course...

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*"I found it good to be  
able to share in a safe  
environment to make  
new and caring friends,  
who can relate to the  
grief we have  
experienced."*

*"This is a safe place  
where you can be open  
and share, cry, mourn,  
laugh and be*

*"What a wonderful  
opportunity to  
discover what you are  
feeling deep down in an  
environment which is so  
supportive,  
fun and  
enlightening. The  
activities unlock your  
feelings in such creative  
yet safe ways.  
Awesome."*



## Where To Find Us...



*“Working Through  
Our Grief...”*



## Contact Details:

*Course run by Sharron and Philip.*

*If you have any interest, or wish to  
register please call Sharron on:*

*Home - (06) 8782703*

*Mobile - 021 107 5144*

*Or Philip on:*

*Home - (06) 8799449*

*Mobile - 027 467 1818*

*Venue kindly provided by the  
Elim Christian Church.  
(Hastings).*

*A six week course for adults  
facing the changes and  
adjustments to life after  
the death of a loved one.*