

# *Grief Support Services Inc.*

*We offer care to those experiencing loss and grief*

## **GRIEVING *and* LIVING - 6 sessions** **Bereavement Group**

**Are you wondering:** Is what I'm feeling normal?  
How do I cope with all these changes?  
What is my purpose now?  
How to make sense of what has happened?

**Are you feeling:** On an emotional rollercoaster ride?  
That people have heard enough, I can't burden them.  
"If only..."  
"I should..."

**Are you hearing:** "It's time you got back on with things"?  
"You've got to be strong"?  
Lots of advice?

These are some of the experiences and questions that can accompany grief.

**'GRIEVING *and* LIVING' offers a safe and caring group situation to**

- Explore these types of questions and the way expectations are put upon us by ourselves and others.
- Discover about being allowed to grieve in your own, unique way.
- Find and share ways for your loved ones presence to continue in your life.

Venue: Grief Support Services, 147 Chadwick Road, Greerton

Host: Janet Baird, Grief Support Facilitator / Counsellor  
Dip Counselling  
PG Cert. Counselling (Family)  
MNZAC

Phone 578 4480 for dates, information and to register.

No charge, donations welcomed.