

GIVE THE GIFT OF COUNSELLING

Each year, more than a thousand people in our community turn to Grief Support Services for help as they face loss, change, and the emotions that come with them. For some, support from family and friends is enough. For many others, professional counselling makes all the difference, helping them make sense of what has happened and find a way forward.

Your donation to our annual "Give the Gift of Counselling" appeal helps ensure that no one has to face their grief alone. Every dollar raised supports local individuals and families/whānau to access counselling when they need it most, regardless of their ability to pay.

This year, your support will help us continue meeting people in person, by phone, and out in the community. These flexible options remove barriers to access and help people receive the care and understanding they need, wherever they are.

All donations over \$40 receive a complimentary set of 15 beautifully designed gift labels (while stocks last), created exclusively for Grief Support Services by Tauranga artist Paulene Longley of Flossiphy Art & Design. They make a lovely addition to your Christmas giving and are a reminder that your generosity helps others find hope and strength.

Donations received before 20 December will have gift cards posted before Christmas (delivery times may vary). Later donations will be mailed in early January 2026.

HOW YOU CAN HELP

If you can make a donation, we are truly grateful. Visit www.griefsupport.org.nz or scan the QR code below to donate, and please share our appeal with your friends, family, workplace, or community group.

If you are not in a position to donate right now, there are still ways to help:

- Share this appeal on social media or local noticeboards
- Encourage others to donate
- Display one of our posters or newsletters

Every action helps raise awareness and support.

You are also welcome to visit us in person to donate by cash or EFTPOS at 147 Chadwick Road, Greerton (up the stairs between Pizza Hut and Robyn's Cottage).

On behalf of our team, thank you for helping us continue this essential work. Together, we can give the gift of counselling and, with it, the gift of hope.

