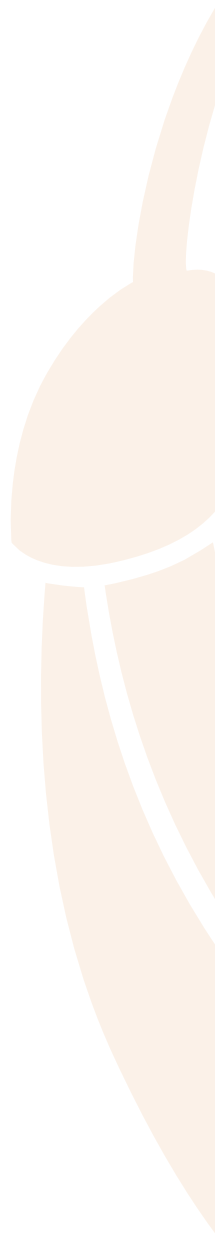


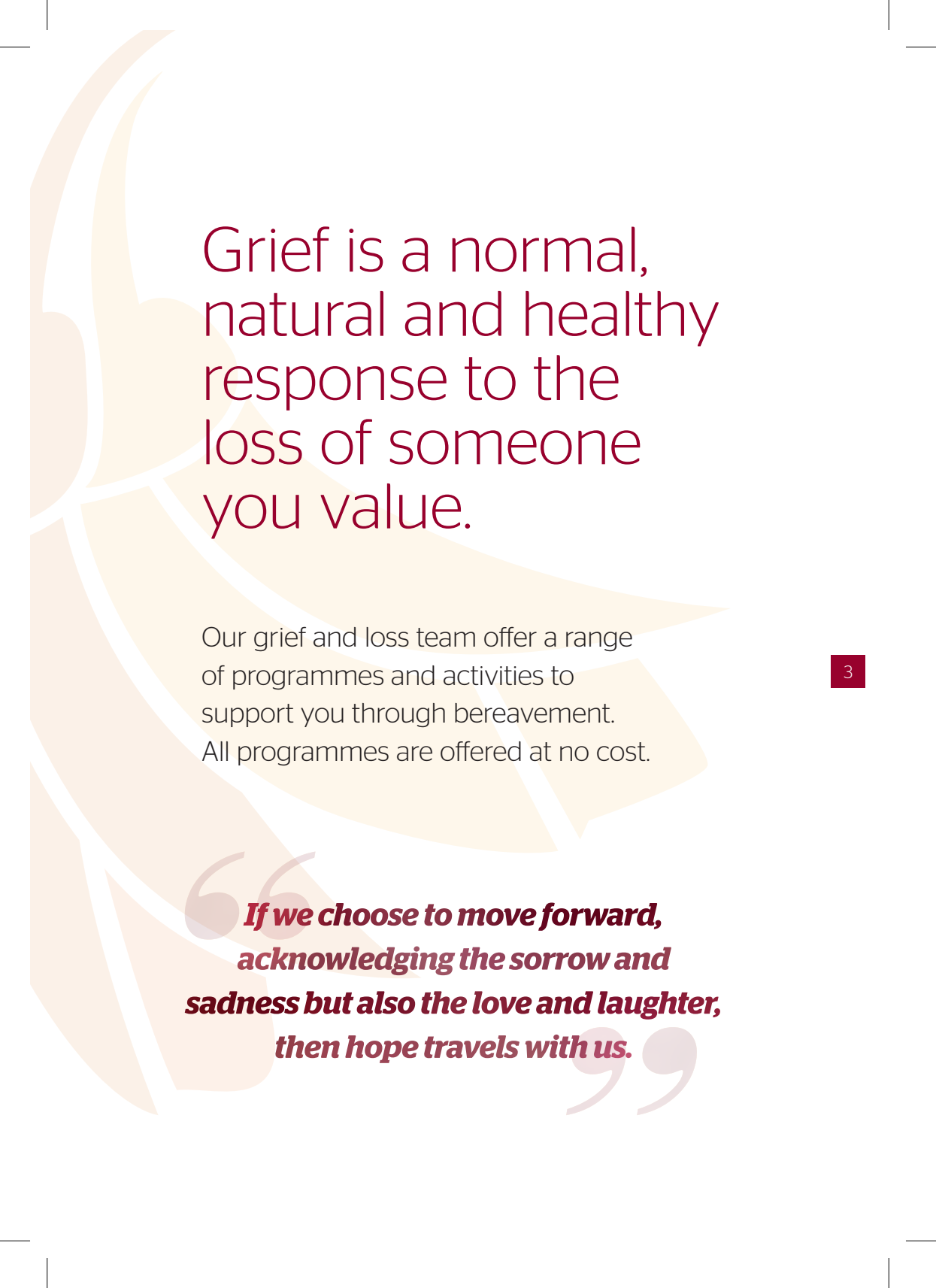


Helping you through bereavement

Family Support
Services 2020





A large, stylized graphic in the background shows a hand in shades of orange and yellow holding a heart. The hand is positioned on the left side, with fingers gently cupping the heart. The heart is also in shades of orange and yellow, with a white outline. The overall style is soft and comforting.

Grief is a normal, natural and healthy response to the loss of someone you value.

Our grief and loss team offer a range
of programmes and activities to
support you through bereavement.
All programmes are offered at no cost.

3

***If we choose to move forward,
acknowledging the sorrow and
sadness but also the love and laughter,
then hope travels with us.***



Family Services Bereavement Care

Bereavement Information Evening

Of all the losses faced in life, the death of someone close can leave the emptiest feelings of loneliness and pain. While these feelings are a natural part of the grieving process, there may be times when it seems as if there is no way through.

The bereavement information evening is an opportunity for you to meet members of the Family Services Team and to find out about the range of programmes and services Hospice offers to support you through your bereavement.

2020 Dates for Hamilton: Tuesday 21st January, Tuesday 23rd June, Tuesday 24th November, 4pm - 5.30 pm.

5

Counselling Services

Sometimes talking in confidence to someone outside the family/whānau and friends, who understands the process, may help lift the burden and ease the pain.

Bereavement care from Hospice Waikato includes individual support and counselling for adults and children, group work, telephone support and an annual memorial service. Our counselling service is free, confidential and available to all Hospice clients and their families/whānau. You may choose to join a Healing Journey support group or take part in one of our workshops. These are featured on the following pages. We also offer telephone counselling to support families living in rural or remote areas of the Waikato.

Please note: our services are provided based on an assessment of need. Not all services are available in all areas. All workshops are facilitated by trained professionals who are members of NZAC, NZCCA or ANZASW.

For further information phone our counsellors on 07 859 1260.



Social Work Services

Bereavement time presents a changed set of social needs and to meet these, different practical management skills are required. Here a social worker is available to assist.

Common areas of social work involvement at this time are:

- knowledge of entitlements
- access to resources, social and community links
- finances and how to manage financially
- advocacy
- residential care
- exploring options for immediate needs leading to longer term plans.

It is possible to ask for direct contact with a social worker or to obtain the most appropriate support, another Hospice staff member may make that connection for you.

7

For further information please phone 07 859 1260 and ask to be put through to a Social Worker.

Spiritual Care and Remembrance Services

Spiritual care and support are an integral part of hospice care and can sometimes offer a sense of reconnection and hope.

As well as personal spiritual support, you, your family/whānau and friends, you are invited to attend our Hamilton Remembrance Service, and other services offered in communities throughout the region.

**To register attendance please phone 07 859 1260.
Facilitated by Gail.**



Groups for Children and Young People

Rainbow Place is Hospice Waikato's children and young person's nursing service. Our Family Services Team provide individual bereavement support and a range of groups for children and young people experiencing loss and grief following the death of a loved one.

These include groups for teens, siblings and parents during school term time, as well as a variety of groups held during school holidays.

For further information please phone Nigel or Anke on 07 859 1260.

Exploring Grief through Art, Creativity and Colour

An 8-week group for siblings (brothers and sisters) who have experienced significant loss within the family.

The group will use the mediums of paint, collage and canvas as a therapeutic way of addressing any issues resulting from their grief journey.

8 weeks during term three in Rainbow Place Art Room.

28th July - 15th September. Time: 3pm - 5.30pm.

Limited to 8 young people. To register attendance please phone 07 859 1260. Facilitated by Nigel (Counsellor).



Bereaved Parents Morning Tea

The death of a child is a deep grief experience that touches everyone in the family and changes life forever.

You mourn the loss of your child's life, potential and future. Regardless of their age the death of a child can shatter our view of the future and our sense of safety. The parents support group offers you a safe place to talk about your child, their journey, your loss, fears and anxieties.

Hospice Waikato holds a monthly bereaved parents group on a Monday twice during each school term.

Term 1: 9th March- 6th April

Term 2: 18th May - 15th June

Term 3: 10th August - 7th September

Term 4: 27th October - 16th November

Time: 10.00 - 11.30am

Venue: Creative Space

To register attendance please phone 07 859 1260.

Facilitated by Charmaine & Anke.



Rural Bereavement Groups

It is at times very difficult and hard to be able to find purpose and meaning in our lives after the loss of a loved one.

Hospice Waikato is hosting, in our rural areas, morning teas for bereaved people who have had a family member or friend cared for by Hospice Waikato.

You are most welcome to join us and meet other people who are also journeying through grief.

Thames (Thames Community Centre)

Tuesdays: February 11th, March 8th, April 14th, May 12th, June 9th, July 14th, August 11th, September 8th, October 13th, November 10th.

End of year get together 8th December, venue is to be confirmed.

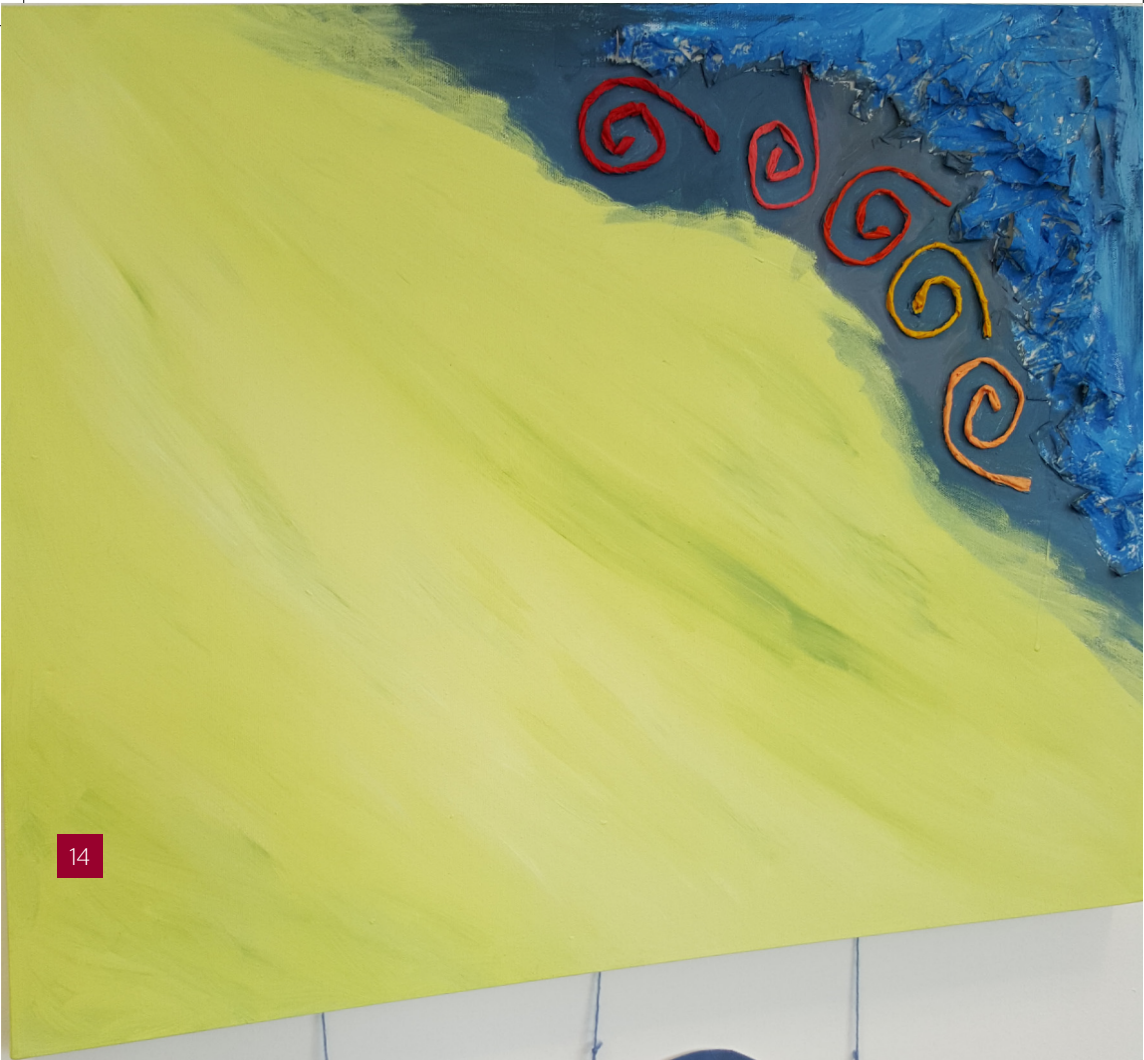
For more information, or to register attendance please phone 07 859 1260.
Facilitated by Charmaine. Time: 10.30am - 12pm.

13

Tokoroa (St Mark's Presbyterian Hall)

Thursdays: February 13th, March 12th, April 9th, May 14th, June 11th, July 9th, August 13th, September 10th, October 8th, November 12th.

For more information, or to register attendance please phone 07 859 1260.
Facilitated by Loesje. Time: 10.30am - 12pm.



Hamilton Day Groups

Morning Tea

It is extremely hard when a loved one dies. No matter how prepared we think we are, we can never truly be ready for the finality of death.

On the first Tuesday of every month Hospice Waikato hosts a morning tea for bereaved people whose family members and friends have been cared for by Hospice Waikato.

Come and join us for this informal gathering of other men and women who are also journeying through grief. Morning teas are held at Hospice Waikato, 334 Cobham Drive, Hillcrest, Hamilton

Tuesdays, 10 am -11.30 am

Dates: 4th February, 3rd March, 7th April, 5th May, 2nd June, 7th July, 4th August, 1st September, 6th October, 3rd November, 1st December.

End of year get together for Hamilton bereavement groups will be at the Hamilton Gardens on the 9th December.

For more information, or to register attendance please phone 07 859 1260. Facilitated by Charmaine.

15

Healing Journey

A Healing Journey is a group that meets weekly over a period of six weeks with a follow up session one month later. Men and women of any age are welcome.

This is an opportunity to increase your understanding of the grieving process and ways to care for yourself, physically, emotionally, spiritually and socially.

First Workshop: 29th April - 3rd June

Second Workshop: 9th September - 1st October

Groups meet on Wednesdays 10am - 12pm

To register attendance please phone 07 859 1260.

Facilitated by Charmaine.



Day Groups (continued)

Grief Beyond Words

Arts therapy uses symbols and metaphors to help us share our stories. We learn from each other and give and receive support, while we are living with loss and grief. We use paints and other materials to express our grief journey.

A creative workshop

A six-week Wednesday morning group, meeting 10am - 12pm

Wednesday 3rd June - Wednesday 8th July

To register attendance please phone 07 859 1260.

Facilitated by Loesje.

Creative Workshops

Creative activities provide a way for people to come to terms with emotional conflicts, increase self - awareness, and express unspoken concerns about their lives.

Working in groups is especially beneficial because they offer social support and peer understanding.

This workshop offers you a safe place to explore your creative self, using mosaic, decoupage, painting and collage.

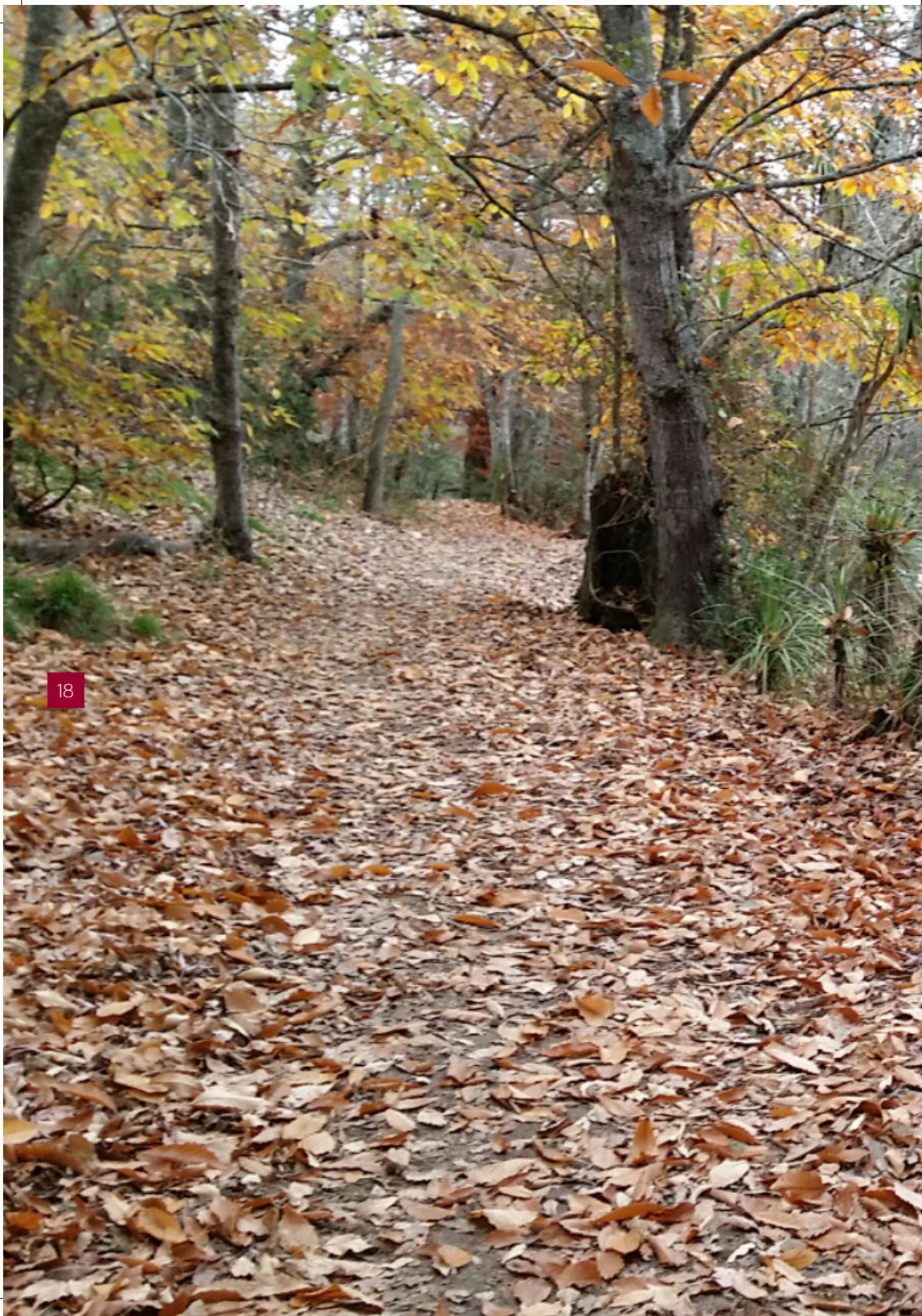
Our grief support groups are facilitated by trained counsellors.

A six-week Wednesday morning group, meeting 10am - 12pm

Wednesday 25th October - 2nd December

To register attendance please phone 07 859 1260.

Facilitated by Charmaine.



Early Evening Groups

Care As You Grieve

A four-week early evening support group for bereaved adults

Supporting your health and well-being through your grief.

Together we will acknowledge our experiences, share our unique ways of coping, learn some new perspectives and gain from being amongst others also living with grief.

"Joining the group gave me time for SELF – Support Encouragement, Laughter, Friendship" - course participant

Early Year Group

Wednesdays, 4.30 - 6.00pm

26th February

4th, 11th, 18th March

Mid Year Group

Mondays, 4.30 - 6.00pm

1st, 8th, 15th, 22nd June

To register attendance please phone 07 859 1260.

Facilitated by Charmaine and Maxine.

***All of life is a journey;
which paths we take,
what we look back on,
what we look forward to
is UP TO US.***



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