



# Grief Centre

support + education

## Drop-in Grief Group

*Kindly funded by John Stewart Booth Trust, managed by Public Trust*

Please join us at our free, weekly drop-in grief group where you can connect with others who share similar experiences, while receiving compassionate guidance as you navigate your grief journey. The group is run by a qualified facilitator with tea, coffee and biscuits provided.

Whether you're grieving the loss of a loved one, a relationship, a job, or a different kind of change, we are here to help.

No registration necessary.

*Our wheelchair-accessible community hub offers off-street parking and great public transport options. Alternative parking is available on Birkenhead Avenue or Onewa Road.*

**Where:** Grief Centre, 97 Birkenhead Ave, Birkenhead, Auckland

**When:** Every Wednesday 10.30am - 12.00pm

**Cost:** Free thanks to funding by John Stewart Booth Trust (managed by Public Trust)

**Contact:** [admin@griefcentre.org.nz](mailto:admin@griefcentre.org.nz)  
0800 331 333

