

Endorsements

FROM CHILDREN / TAMARIKI

“Change is part of life.”

“Even though I might be feeling sad/angry/
disappointed/happy, I know to make good
choices.”

FROM YOUNG PEOPLE / RANGATAHI

“You can't control the wind, but you can adjust
your sails.”

“You can move on without actually moving on.”

FROM PARENTS AND WHĀNAU

“You have helped my moko, she has become
more restful and calm.”

“I have seen less tantrums, less negative self-
talk and lessened anxiety also.”

FROM ADULTS

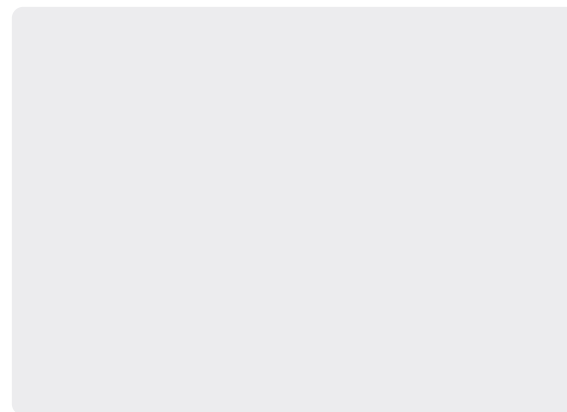
“I will now change my thinking and attitude to
my loss and move forward.”

“You learn that it's OK and you aren't alone.”

“There are many different forms of grief and
speaking about them and finding ways to
manage are helpful.”



Growing Through Grief services
operate throughout the Bay of Plenty,
Te Tairāwhiti and Hawke's Bay.
To find out more contact the local
coordinator:



Offering programmes,
workshops and events
for children, young
people, parents, and
adults in the area of
change, loss and grief.

anglican care | waiapu

Te Oranga Ake — Flourishing Together

Growing Through Grief

A well-established service of Anglican Care Waiapu, supporting individuals and communities experiencing change, loss and grief.

Growing Through Grief offers a range of programmes, workshops and events delivered in safe, supportive settings which provide opportunities to share experiences, learn practical ways to navigate grief, and connect with others who understand what you may be going through.

By creating safe spaces for conversation and reflection, our programmes help reduce feelings of isolation while strengthening understanding and coping strategies.

When people feel more confident talking about grief and supporting one another, communities become more compassionate, connected, and resilient.



To enrol online visit:
www.growingthroughgrief.acw.org.nz

Growing Through Grief offers a range of programmes designed to support people experiencing change, loss, and grief.

- children and young people
- adults
- parents/caregivers and whānau
- community events
- whānau groups
- educational presentations and workshops

Become a Volunteer

By volunteering with Growing Through Grief, you'll join a passionate team dedicated to providing support and education through our programmes. Your time and skills can help create safe spaces for healing and hope in our community.

Check out our website for more information.

Seasons for Growth®

Educational small group programmes designed to help people affected by death, separation, divorce, imprisonment, illness, relocation or other significant change in family life.

Stormbirds

This small group programme supports children affected by natural disaster to share their experiences of change and loss and gain skills to adapt.



Growing Through Grief is an authorized provider of Seasons for Growth® programmes.

To find out more, visit our website
www.growingthroughgrief.acw.org.nz

To enrol online, use our QR code



Mā te whakarongo, ka mōhio, mā te mōhio, ka mārama,
mā te mārama, ka matau, mā te matau, ka ora.

*Through listening, comes knowledge, through knowledge, comes understanding,
through understanding, comes wisdom, through wisdom, comes wellbeing.*