



Widowed Separated Divorced

Support group

P O Box 1414, Wellington
Web site: www.wsd.org.nz

What now?

Your time of going through the course has ended. We hope we have assisted you to create a personal support network and develop skills that will continue to help you grow as a person.

Here are some options available through WSD for you. You can:

- continue to remain in contact with the people who have shared their experiences with you
- join in the WSD programme and go to as many things as you like
- choose to go through the ten week course again at any time.

If you do not want any further involvement with WSD, tell the Membership Coordinator (phone/email details on the first page of the social calendar) and your name will be removed.

Details given on this form are strictly confidential and are used for the purposes of support and evaluation only.

Tell us who you are and what you want to do now

First name: _____ **Last name:** _____

I want my name to remain on the WSD database **Yes / No**

If you have answered Yes, please write down your contact details again below as they may have changed during the 10 weeks of the course.

Address: _____

Phone: home _____ work _____ mobile _____

Email: _____

Are you able to help us?

WSD is a support group run entirely by people who have attended a course.

Can you help us by: *(please tick)*

- **talking to future groups about:**

Loss and grief	
Trauma and other beasties	
Discovering and trusting yourself	
Spirituality and identity	
Your family's adjustment	
Coming to terms with your new status	
Growth through separation, divorce, or death	
<ul style="list-style-type: none"> • being a member of a WSD committee • making your house available for a function • facilitating <i>(circle one)</i> • telling us of anyone you think would be a good facilitator <i>(give name)</i> 	Now / Later / Never

How did we perform?

How did you find out about the group?			
<hr/>			
<i>(for the following questions, please ring the comment that is appropriate)</i>			
How was your initial contact with the enquiries person?	Excellent	Helpful	Not helpful
How did you find the manual?	Excellent	Helpful	Not helpful
How did you like the choice of music?	Very appropriate	So-So	I didn't like it
Were your expectations for the course met?	Fully met	Partly met	Not met
How was the interaction with the facilitators in your small group?	Excellent	Helpful	Not helpful

Social events

Please circle, from this list, any social events you would be interested in attending. Add any that appeal to you that are not there.

Dancing	Brunches/cafe meals	Walks
Movies	Tramps	Plays
Dine and dance	Shows	Shared home meals
Ten-pin bowling	Quiz nights	Any Suggestions? _____
_____	_____	_____

Comments and suggestions

Please comment, if you want to, on the way the sessions are run, the manual's contents and structure, the music, the facilitators, venue, your expectations and anything else you'd like to mention.

Donations

Donations are always very much appreciated. They help pay for advertising, manuals, hall hire, social calendars and other expenses.

If you want to make a donation, please give cash or a cheque to a course coordinator or post a cheque to The Treasurer, WSD, P O Box 1414, Wellington. Cheques should be made out to WSD.

I have donated \$ _____ (cash / cheque)

**Thank you for making a special time for yourself to attend this course.
Kia kaha and lots of good wishes for the future from WSD.**