

Where are WSD courses held?

Courses are held alternately in Lower Hutt and Wellington and normally commence in February, May and September each year.

There are also a course available in Paraparaumu

Courses are 10 weeks long. Sessions start at 7:30pm sharp and finish around 10:00pm after supper. A course manual is provided (which is yours to keep) and includes a great deal of helpful material for you to refer to at any time in the future.

For current dates and more information, please contact us either through our website, email or phone. See the information at the back of this brochure,

NOTE: Course dates, venues, times and costs may change from time to time. Please be sure to contact us for enrolment in the particular course you are interested in so that we can provide you with the relevant information.

How much does the course cost?

The current cost is \$100 for waged people and \$50 for those on a benefit. However, the cost of the course can change from time to time, so check this out on our web site www.wsd.org.nz. This payment is to cover things like course manuals, photocopying and hall hire. Should you need help paying the fee, please let us know and we will do all we can to assist.

For more information about our courses

Visit our website at

www.wsd.org.nz

or

email

enquiries@wsd.org.nz

or

Phone 04-499 5520

anytime (leave voice mail)



*Courses are also held in Kapiti
Phone 04-293 4865*



Widowed

Separated

Divorced

Support Group Inc

Wellington & Hutt Valley

Where are you now after losing your partner?

If you've lost a partner, whether through the break-up of a relationship or through death, it's normal to go through a process of grieving. You are likely to experience a range of emotions such as:

- ◆ Shock
- ◆ Rejection
- ◆ Betrayal
- ◆ Anger
- ◆ Guilt
- ◆ Depression
- ◆ Loneliness
- ◆ Sadness
- ◆ Stress

Coping with the grief process and working through it, isn't easy. It's a time in our life when we need support, understanding, encouragement and practical help.

Sometimes we need more than family or friends are able to give us. Sometimes counselling isn't the complete answer. This is where the WSD (Widowed, Separated and Divorced) Support Group can help.

What is the WSD Support Group?

WSD is a support group to help people who have lost a partner, through separation, divorce or death. Our approach is gentle, supportive and empowering.

Our aim is to encourage self-healing and self-growth. We do this through a 10-week structured course that will help you to:

- ◆ Deal with all aspects of grief.
- ◆ Come to terms with what's happened in your life.
- ◆ Prepare for life ahead.
- ◆ Find answers for the practical, emotional and spiritual needs you may have.

Is it just for church people?

We are open to people of all denominations and beliefs.

What do WSD courses cover?

Topics covered include:

- ◆ Dealing with being alone, loneliness and stress.
- ◆ Dealing and coping with grief.
- ◆ Trust: discovering and trusting yourself and others.
- ◆ Accepting changes in your relationships with others and in your social activities.
- ◆ Being a single-parent family.

Who attends WSD courses?

Men and women of all ages and from all walks of life attend our courses which have been held for over 20 years.

Are there social activities too?

Yes, we offer a social programme with events to show you that life can be enjoyed again. Activities include walks, dining out, dances, theatre and movies.

Social activities are generally low-cost and children are welcome at most events.

How can WSD help me?

WSD will:

- ◆ Help you to feel more positive about yourself and about life.
- ◆ Help you to realise that you are not alone.
- ◆ Help you to develop strategies to cope with your situation.
- ◆ Help you to meet new friends.
- ◆ Increase your network of supportive people.
- ◆ Give you a zest for living again!