



## Widowed, Separated & Divorced (WSD) Support Group Inc Wellington Region

### Overwhelmed by grief with the loss of a partner?

WSD is a support group to help people who have lost a partner through separation, divorce, in care, or death.

Our approach is gentle, supportive and empowering.

How can WSD help me? We can help you:

- feel more positive about yourself;
- realise that you are not alone;
- develop strategies to cope with grief and loss;
- increase your network and supportive people;
- look to the future.

It is normal to go through the process of grieving and you are likely to experience a range of emotions, such as:

Stress	Depression	Loneliness
Sadness	Shock	Rejection
Betrayal	Anger	Guilt

Coping with the grief process and working through it isn't easy. You can be placed in the position of trying to nurture and care for others when it is you that needs support, encouragement and practical help.

Sometimes you may need more support than family or friends are able to give. A great value of WSD is that you will be with people who have experienced a similar loss. Sometimes counselling is not the complete answer.

This is where the WSD Support Group can help. We offer courses to help you firstly deal with your grief and, secondly, look to the future.

Our course facilitators are all grief survivors and have insight and sensitivity into what you are going through. Once you have completed the course there is a social side which many WSD members enjoy.

Courses are held in Petone and usually start in February, June and September. They are held on a Wednesday night from 7.00pm-9.00pm for 10 weeks.

A course workbook is provided (which is yours to keep). The workbook includes a great deal of helpful information which participants can refer to following the conclusion of their course.

For current and future course dates, course costs, please contact us (details overleaf). If the cost of the course may be a barrier to you attending, please let us know. WSD may be able to assist.

## Helping Ourselves to Heal

WSD is an Incorporated Society and Charitable Trust

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