

Individual Counselling

For individual counselling, enquiries or spiritual support, please feel free to contact us:

- **Trisha Bennett**
Counsellor / Therapist
(03) 473 6005
Trisha.Bennett@otagohospice.co.nz
- **Clare Greensmith**
Support Services Leader / Registered
Psychotherapist
(03) 473 6005
Clare.Greensmith@otagohospice.co.nz
- **Rev Helen Metzger**
Spiritual Care Worker
(03) 473 6005
- **Rev Russell Thew**
Spiritual Care Worker
(03) 473 6005

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otagohospice.co.nz

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patient & family support

BEREAVEMENT SUPPORT



We are aware that you have recently experienced the loss of a close family member or friend, and would like to offer our sincere condolences to you at this time.

We offer continuing support to all our families in the following ways:-

Bereavement Afternoon Tea

We hold informal afternoon teas every three months and you will receive an invitation to this. It is an opportunity to catch up with staff and look in our Remembrance Book. You will receive an invitation approximately three months after the death of your loved one.

Remembrance Service

We hold a Service three times a year and again, you will receive an invitation to come along. This will be approximately one year after the death of your loved one.

Following the Service, there is an afternoon tea and an opportunity to make contact with staff from the Hospice.

However, we do respect your privacy and please do let us know if you do not wish to receive these invitations to you.

Group Programme

We run a regular group and seminar programme, which is open to patients families prior to and following the death of their family member. Please ask one of the hospice staff if you would like to find out more.

Come Back and See Us

You are most welcome to come to OCH to renew acquaintances with staff members.

If there are any medical, nursing or any other questions you have unanswered, we can arrange for one of the doctors, nurses or appropriate staff member to meet with you and your family. This is so you can talk through your questions or concerns.

Please phone us for an appointment.



Enclosed is a leaflet about grief which you and your family may find helpful. We also have a small library where you are welcome to borrow books.

HELPFUL BOOKS

Grief Therapy Karen Katafiasz

Coming to Grief Pam Heaney

Children's Grief Pam Heaney

Who Moved My Cheese Spenser Johnson

A Return to Love Maryanne Williams

The Wheel of Life Elisabeth Kubler-Ross

HELPFUL WEBSITES

www.skylight.co.nz

www.nalag.org.nz

www.otagohospice.co.nz