



Helping you through bereavement

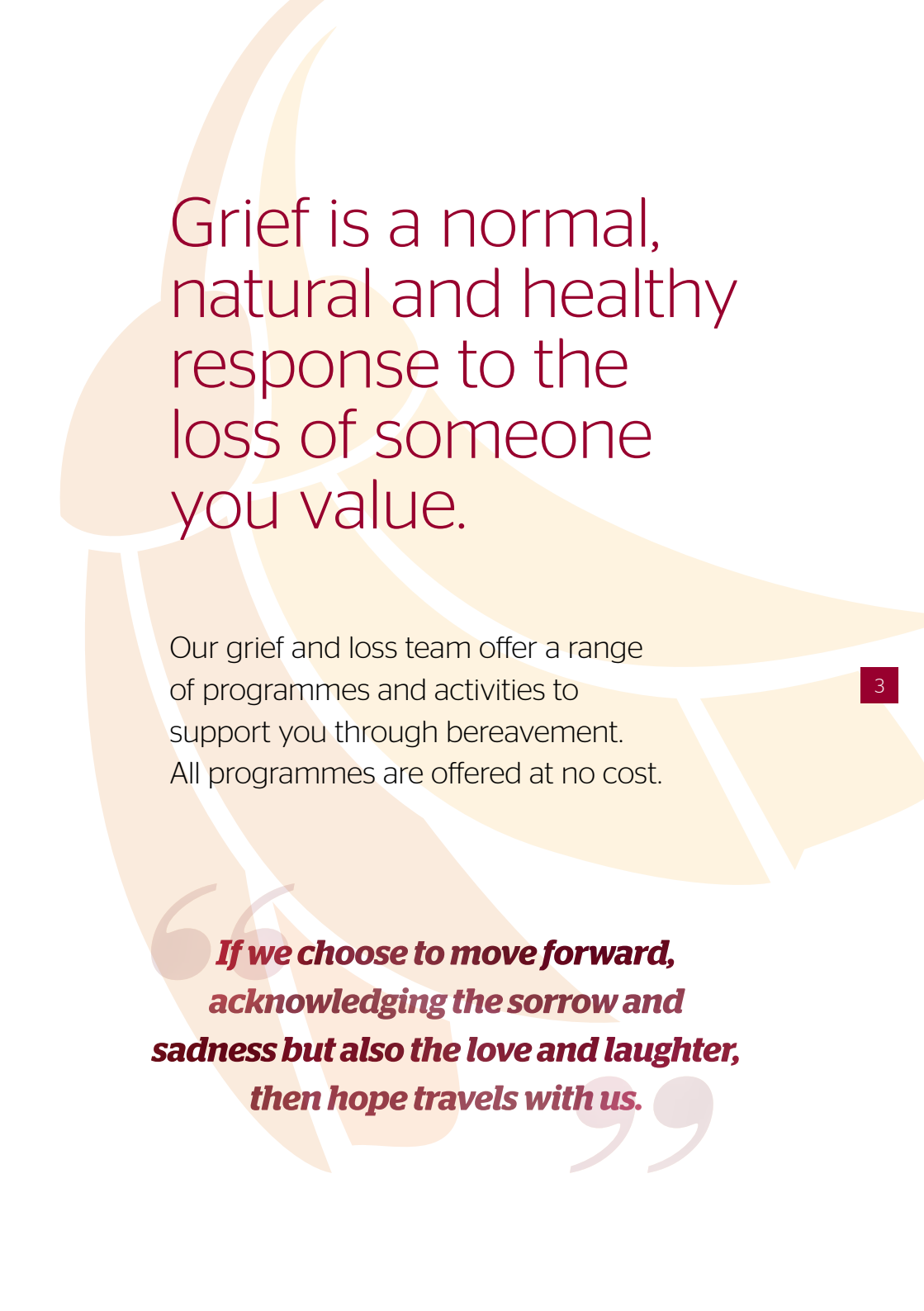
Family Support
Services 2026





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 /hospicewaikato



Grief is a normal,
natural and healthy
response to the
loss of someone
you value.

Our grief and loss team offer a range
of programmes and activities to
support you through bereavement.
All programmes are offered at no cost.

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***“If we choose to move forward,
acknowledging the sorrow and
sadness but also the love and laughter,
then hope travels with us.”***



Family Services Bereavement Care

Of all the losses faced in life, the death of someone close can leave the emptiest feelings of loneliness and pain. While these feelings are a natural part of the grieving process, there may be times when it seems as if there is no way through.

This brochure will provide information about the range of programmes and services Hospice offers to support you through your bereavement.

Please note: all groups will be held subject to numbers.

Counselling Services

Sometimes talking in confidence to someone outside the family/whānau and friends, who understands the process, may help lift the burden and ease the pain.

Bereavement care from Hospice Waikato includes individual support and counselling for adults and children, group work, telephone support and an annual memorial service. Our counselling service is free, confidential and available to all Hospice clients and their families/whānau. You may choose to join a Healing Journey support group or take part in one of our workshops. These are featured on the following pages. We also offer telephone counselling to support families living in rural or remote areas of the Waikato.

Please note: our services are provided based on an assessment of need. Not all services are available in all areas. All workshops are facilitated by trained professionals who are members of NZAC, NZCCA or ANZASW.

For further information phone our counsellors on 07 859 1260.



Social Work Services

The time of bereavement brings changes and challenges to our social needs. Our social workers are able to assist.

Common areas of social work involvement at this time are:

- knowledge of entitlements
- access to resources, social and community links
- exploring options for immediate needs

It is possible to ask for direct contact with a social worker or to obtain the most appropriate support, another Hospice staff member may make that connection for you.

For further information please phone 07 859 1260 and ask to be put through to a Social Worker.

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Spiritual Care

Spiritual care and support are an integral part of Hospice care. We will respect your culture, values and beliefs, choices, and diversity. Spiritual support of patients and family members is compassionate and gentle. It offers the opportunity to reflect and explore ways of spiritual connection, even if this is new for you. Our Spiritual Care Coordinator is available for community and Inpatient unit visits to discuss any aspect of spiritual well-being.

For further information on this service please contact Gail Brooking on 07 859 1260.



Groups for Children and Young People

Our Family Services team provides individual support through counselling. As an extension one-on-one support, we invite children to join in a group day activity with those having similar experiences where a family member or loved one is a past patient of Hospice.

Exploring Big Feelings through Art, Creativity and Colour

The group is designed for young people, and using the mediums of paint, collage, and canvas as a therapeutic way of addressing any issues resulting from their journey.

We will have a dedicated day of creativity during school holidays for those children who are experiencing bereavement/loss and grief following the death of a loved one.

Time: 10am – 2pm.

Dates: Term 1: Thursday 9th April

Term 2: Thursday 9th July

Term 3: Thursday 1st October

For further information and to register attendance please phone 07 859 1260. Facilitated by Hinemoa Reihana.



Rural Bereavement Groups

It is at times very difficult and hard to be able to find purpose and meaning in our lives after the loss of a loved one.

Hospice Waikato is hosting, in our rural areas, morning teas for bereaved people who have had a family member or friend cared for by Hospice Waikato.

You are most welcome to join us and meet other people who are also journeying through grief.

Thames (Thames Community Centre)

Tuesdays: January 13th, February 10th, March 10th, April 14th, May 12th, June 9th, July 14th, August 11th, September 8th, October 13th, November 10th.

End of year get together 9th December, venue is to be confirmed.

For more information, or to register attendance please phone 07 859 1260 or 027 236 4649. Facilitated by Adam. Time: 10.30am – 12pm.

A remembrance service is also planned to take place near the end of the year. Contact Hospice for details.

Whitianga (Whitianga Social Services)

Tuesdays: January 27th, February 24th, March 24th, April 28nd, May 26th, June 23rd, July 28th, August 25th, September 22nd, October 27th, November 24th.

For more information, or to register attendance please phone 07 859 1260 or 027 236 4649. Facilitated by Adam. Time: 10.30am – 12pm.

A remembrance service is also planned to take place near the end of the year. Contact Hospice for details.



Hamilton Day Groups

Morning Tea

It is extremely hard when a loved one dies. No matter how prepared we think we are, we can never truly be ready for the finality of death.

On the first Tuesday of every month Hospice Waikato hosts a morning tea for bereaved people whose family members and friends have been cared for by Hospice Waikato.

Come and join us for this informal gathering of other men and women who are also journeying through grief. Morning teas are held at Hospice Waikato, 334 Cobham Drive, Hillcrest, Hamilton

Tuesdays, 10am - 11.30am

Dates: 3rd February, 3rd March, 7th April, 5th May, 2nd June, 7th July, 4th August, 1st September, 6th October, 3rd November, 1st December.

For more information, or to register attendance please phone 07 859 1260.

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Healing Journey

A Healing Journey is a group that meets weekly over a period of six weeks with a follow up session one month later. Men and women of any age are welcome.

This is an opportunity to increase your understanding of the grieving process and ways to care for yourself, physically, emotionally, spiritually and socially.

First Workshop: 13th May - 17th June

Second Workshop: 9th September - 14th October

Groups meet on Wednesdays 10am - 12pm

Registration required. To register attendance please phone 07 859 1260.

Invitations will be sent out to group participants for the end of year get together. Groups will meet on 10th December at Hospice Waikato.



Day Groups (continued)

Creative Workshops

Creative activities provide a way for people to come to terms with emotional conflicts, increase self – awareness, and express unspoken concerns about their lives.

Working in groups is especially beneficial because they offer social support and peer understanding.

This workshop offers you a safe place to explore your creative self, an opportunity to work with photos, and connect with memories through scrapbooking.

Our grief support groups are facilitated by trained counsellors.

A six-week Wednesday morning group, meeting 10am – 12pm

Thursday 29th July to 2nd September.

Registration required.

To register attendance please phone 07 859 1260.

Facilitated by Hinemoa



Grief and bereavement support are key components of quality palliative care. This includes supporting both the person being cared for and their family/whānau and friends, from the time of diagnosis until after death has occurred. Bereavement support provided by Hospice Waikato includes individual support, group work and Annual Remembrance Services. Our services are a non-religious time of reflection and provide family/whānau with a safe space to grieve as part of the wider community that Hospice Waikato services.

Remembrance Services 2026

Ritual can be enormously helpful in that it provides a clear participatory experience that helps us to make sense of the loss we have experienced. It provides an opportunity to give and receive support, knowing that we are not alone.

This is an opportunity to come together with family and friends to remember those who have died, to give thanks and to reflect on the life we have shared with them.

Hospice will be hosting two remembrance services this year.

The first service will be held in June for Matariki. Date and venue to be confirmed.

The second service will be held at 2pm on Sunday 4th October, at the Cathedral of the Blessed Virgin Mary, 494 Grey Street, Hamilton East.

You, your family and friends are invited to attend these services.

Remembrance services will also be held in Te Kuiti, Te Awamutu, Putaruru/Tokoroa and Thames in partnership with local community services. Dates and venues to be advised.

For further information please phone Hospice on 07 859 1260 and ask to speak with one of the counsellors: Adam, Maxine, Hinemoa.

Our Values



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C A R E

Community

United by heart, we walk alongside our people, near and far, working in partnership to provide quality holistic care.

Advocacy

Honouring the cycle of life and death, ensuring our people have a voice, insisting that all have equal access to quality care.

Respect

We have respect for our people, our diversity, and in our communication through safe and holistic practice.

Empathy

Being with our people, acknowledging uniqueness, and supporting with dignity, respect and compassion.

***Kia hora te marino,
kia whakapapa pounamu te moana,
kia tere te kārohirohi i mua
i tōu huarahi.***

***May the calm be widespread,
may the ocean glisten as greenstone,
may the shimmer of light dance
across your pathway.***



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