



For the past 11 years All Saints Church has offered support to those in the community suffering from grief and loss. This has mostly been through a programme called “Seasons”.

This peer support programme guides children, teens, parents and adults from the community through a nine week programme helping them come to terms with the major losses they have suffered. It is offered free of charge to children and their parents and for a nominal fee to adults.

*We hear some very sad stories.
We see some very angry children.
We see families struggling with the effects of separation, death, estrangement and dislocation through migration.*

But the feedback we receive from teachers, parents and the adults who participate is that, at the end of the programme, the tide has turned. Feelings are acknowledged and understood; skills have been explored in dealing with anger and depression; hope has been ignited and confidence in self restored. Life is no longer so bleak, but manageable and hopeful.

Unacknowledged grief is a major cause of anti-social behaviour later in life and of emotional and physical unwellness. This programme is a fence at the top of the cliff.

The cost to operate these Grief and Loss Support Services is approximately **\$45,000 per annum**. We fundraise every cent through applying to charitable trusts but in the current climate that has become increasingly difficult.

And so we ask your help. We want to create a base level of funds that would supply 50% of the funds we require. We invite you to join **Friends of Grief and Loss Support Services, Howick (GALSS)**.

We are seeking **100 individuals, families, businesses** who would commit **\$100 each** for a minimum of two years. Such donations are, of course, tax deductible as charitable donations. An anonymous family has committed to match the donations enabling GALSS to have a base funding of \$20,000 each year. **Please help us make a difference.**

I would like to become a friend of Grief and Loss Support Services, Howick

Name _____
Address _____
Phone _____ Business _____ Mobile _____
Email _____

I/we attach a donation of \$100 for 2011

- | | | |
|--|--|---|
| <input type="checkbox"/> CHEQUE
Payable to:
Howick Parish—GALSS
PO Box 38008, Howick
Auckland 2145 | <input type="checkbox"/> ELECTRONIC BANKING
BNZ Howick Branch
Howick Parish 020168 0016479 00
Reference: GALSS/ <i>your surname</i> *
Date payment made _____ | <input type="checkbox"/> CASH
All Saints Parish Office
Selwyn Road
Howick
Hours: 9am-3pm |
|--|--|---|

*If donating electronically, please put your surname in the reference so that you can be issued a receipt for tax.