



Frequently Asked Questions:

***How much does this Service cost?**

As long as you used one of the funeral homes listed on the reverse of this brochure, you or your family are entitled to three free sessions with one of our bereavement support team.

Does this Bereavement Support Service offer counselling?

No, this service is designed to offer support and a listening ear for you and your family. If it is identified that counselling would be helpful our bereavement support team will offer suggestions as to who may be appropriate.

Is there a time limit on when I can use the service?

No, if you have a need whether it is weeks, months or even years down the path our bereavement support team will visit when you are ready.

How do I make contact with Caring in our Community Local People a member of the Bereavement Support Team?

If you wish for a member of the team to make contact please ring any of the funeral companies on the back of this brochure. They will arrange for a support person to make contact with you in the next few days.

Please feel free to make contact with Harbour City Funeral Home to arrange for a support person to make contact with you.



Kilbirnie
56 Onepu Rd
387-8301

Lower Hutt
665 High St, Lower Hutt
570-0111

Upper Hutt
Cnr Ward St & Fergusson Drive,
528-8924

Paraparaumu
300 Kāpiti Rd
298-4888

www.harbourcityfunerals.co.nz



Local People
Caring in our Community

KĀPITI, HUTT VALLEY AND WELLINGTON

Bereavement Support Service



KĀPITI, HUTT VALLEY AND WELLINGTON

Bereavement Support Service

This service is complimentary in conjunction with the funeral homes listed on the back of this brochure.*

Losing someone you love is painful — and it's something that almost everyone will experience at some point in their lives. There is no right or wrong way to grieve — but there is help available so you don't need to feel alone.

Our bereavement support team is available to you or any of your family to help you to understand what is happening and ways that can help; this may be in the privacy of your own home or at our funeral home.



Harbour City Funeral Home has developed a three part bereavement support book series titled *The Many Colours of Grief* for the families we serve.

Please contact us if you, a friend or family member would like a set.

What is grief?

Grief is our natural and normal response to loss. It is our own personal experience and therefore it can not be right or wrong compared to how it is for someone else. There are many factors that influence how we react to a death. Only we can determine the importance of our relationships and our reactions are our own.

People of different cultures may express their grief in different ways, but research shows us that the feelings we all experience are the same.

Grief can be a mixture of many emotions, some that we may be aware of and others that may surprise or shock us. It can be helpful to remember that what we are experiencing is a normal and natural process, without time constraints and not always in our control.

We used to talk about grief as something that occurred in stages and if we went through each stage in a prescribed order then we would eventually be “over it.” We now know that it is much more likely to be an ebb and flow effect. Just like the tide.

There can be times when our grief overwhelms us and we feel as if we are being tumbled around in the surf – disoriented, battered and bruised, and confused. There may be other times when we feel more like we are on a beach, warm and rested, until the next wave.

Strong emotions and feelings come and go. We don't need to justify our feelings. How we feel, is how we feel. Some people may not outwardly show any emotion and that is quite normal too.

In the past it was believed that trying to forget someone and not talk about them was a helpful way to deal with grief. We understand now that although we can no longer see or touch our loved one, acknowledging their spiritual presence offers great comfort to many of us.

When someone you love dies, you don't just lose that person on the physical level, you also face the loss of what might have been. Your pain can involve missing that person's presence: sleeping in a bed that's half empty, craving a scent or an embrace.

Coping with grief and loss

The single most important factor in healing from loss is having the support of other people. Even if you aren't comfortable talking about your feelings under normal circumstances, it is important to talk about them when you're grieving. Knowing that others know and understand your grieving will make you feel better, and will help you heal.

Support can come from a number of different sources, friends, family, your faith community, support groups, counsellors, or other health professionals. Talking with a grief counsellor may be a good idea if the intensity of your grief doesn't diminish over time — that is, months go by and you still have physical symptoms, such as trouble with eating or sleeping; or your emotional state impairs your ability to go about your daily routine.

Wherever the support comes from try to accept it, you do not need to be alone. One of the key elements of healthy grieving is allowing your emotions to surface in order to work through them. In the long run, trying to suppress your feelings in the hope that they'll fade with time won't work. Blocking the grieving process will delay or disable your ability to eventually recovery.

If people don't know what they can do to help, tell them — whether it's going with you to a movie, cooking a meal for you, or just holding you as you cry. If someone is uncomfortable with your displays of emotion or your need to talk about the person you lost, gently let him or her know that talking out your grief is part of your healing process.