

Dove Hospice

supporting people with life threatening illness



- * Weekend 23/24 Nov 2019
- * Dove House, 9.30am—4pm
- * Food provided
- * RSVP 09 575 4555

DOVE HOUSE INVITES YOU TO :

Gently Tending Grief

A weekend retreat to support and strengthen you

When someone we love dies, our lives change forever. Sometimes we find it hard to share how we really feel with family and friends; to find the space and freedom to grieve in our own way, in our own time, and transition to a new way of living with loss.

You are invited to *Gently Tending Grief*, a weekend retreat at Dove House. In a safe and supportive place and space, come together with others who are bereaved and gift yourself time for self-care and well-being. Nurture your mind, body and spirit through music, film, poetry, sharing stories, aromatherapy, art and craft, quiet times, blessings, smiles and good food.



Dr Hilary Smith

Gift yourself precious time to join us, tend your grief and enhance your sense of wellbeing

with Dr Hilary Oxford Smith and Harpist Julie Saraswati

“It was this weekend where, for the first time in 10 months, I truly felt joy and a feeling of positivity that I could move forward...I felt that I could eventually build a new life.”

“Awesome retreat. I wanted to give space for my grief. Thank you both for your gentleness, compassion and creativity.”

“The poetry made me feel someone else had walked a similar path.”

“Nurturing, gentle, overall a positive experience. The energy was held well and a sense of being very respectful and caring.”

“Helped me understand what I’m going through is okay...”

“Loved the spaciousness, gentleness, holding. Appreciated permission to do what we needed for ourselves.”