

GRIEF & BEREAVEMENT CARE PROGRAMME 2025



GRIEF & BEREAVEMENT COUNSELLING

- Reach out to us if you need support to:
- Understand your grief and emotions
- Work on your regrets relating to grief
- Find peace and closure
- Regulate overwhelming emotions
- Unpack grief after loss
- Process your grief without judgment

Counselling session will be held:
Monday to Friday,
8:00 AM - 5:00 PM
(Except Public Holidays)
Venue: Assisi Hospice or Zoom

GRIEF CAFÉ

Looking for a safe, non-judgmental space to talk about grief and death?

Grief Café offers an empathetic and safe space to share and explore experiences on grief and loss. It's neither support group nor counseling. All sharing is voluntary and kept confidential.

Dates:

15/1, 19/2, 19/3, 23/4, 21/5, 18/6, 23/7,
20/8, 24/9, 22/10, 19/11, 17/12

Time: 6.30pm - 7.30pm
Venue: Assisi Hospice

BEREAVEMENT SUPPORT GROUP

A therapeutic group for individuals who have been grieving for at least 6 months, to process and work through your grief as a group.

- 6 sessions over 6 weeks for each group
- Min. 4 attendances is required
- Min. 5 participants to start a group
- **Group A:** 18/3, 25/3, 1/4, 8/4, 15/4, 22/4
- **Group B:** 1/7, 8/7, 15/7, 22/7, 29/7, 5/8
- **Group C:** 28/10, 4/11, 11/11, 18/11, 25/11, 2/12

Time: 2pm - 4pm
Venue: Assisi Hospice

SCAN TO REGISTER

Bereavement Service Registration Form



For enquiry, WhatsApp message us at 9787 9890
www.assisihospice.org.sg

**Our service is complimentary
You may support us through making donation.**

悲伤与丧亲关怀服务 活动2025



悲伤与丧亲辅导

如果您需要支援，请联系我们：

- 了解您的悲伤和情绪
- 解决与悲伤相关的遗憾找到平静与和解
- 调节压倒性的情绪
- 解开丧亲后的悲伤
- 不加评判地处理您的悲伤

辅导将于以下时间进行
周一至周五，上午 8:00 - 下午 5:00
(公共假期除外)
地点：雅西西慈怀病院 或 Zoom

悲伤咖啡馆

正在寻找一个安全、不评判的空间来
谈论悲伤和死亡？

疗愈悲伤咖啡厅提供一个具有同理心和安全的空间，来分享和探索关于悲伤与失落的经历。它既不是支援小组，也不是心理辅导。

所有分享都出于自愿及被保密的。

日期：15/1, 19/2, 19/3, 23/4, 21/5,
18/6, 23/7, 20/8, 24/9, 22/10, 19/11,
17/12

时间：傍晚 6:30 至 7:30

地点：雅西西慈怀病院

丧亲支援小组

一个为历经悲伤至少六个月的人士定制的支援小组，通过小组形式共同处理和应对悲伤。

- 每一个小组共有6次会面，持续6周
- 至少需要出席4次会面
- 至少5名参与者以组成一个小组
- 小组A: 18/3, 25/3, 1/4, 8/4, 15/4, 22/4
- 小组B: 1/7, 8/7, 15/7, 22/7, 29/7, 5/8
- 小组C: 28/10, 4/11, 11/11, 18/11, 25/11, 2/12

时间：下午2点至4点

地点：雅西西慈怀病院

扫描二维码
报名参加

Bereavement Service Registration
Form



任何疑问，
请WhatsApp留言至9787 9890

www.assisihospice.org.sg