



# Grief & Bereavement Care Programme 2026

## Grief & Bereavement Counselling

Time: 8:00am - 5:00pm

Professional counselling support to walk through the grief with you. Available face-to-face and via Zoom. Mon - Fri (except for public holidays)

## Grief Cafe

Time: 6:30pm - 8:00pm  
Venue: Assisi Hospice

A safe, gentle space to witness, share, explore and attend to grief without judgement. Dates: 21/1, 25/2, 18/3, 15/4, 20/5, 17/6, 15/7, 19/8, 16/9, 21/10, 18/11, 16/12

## Bereavement Support Group

Time: 2:00pm - 4:00pm  
Venue: Assisi Hospice

A structured and therapeutic 4-session groupwork to reflect, address and strengthen your coping with grief. Each group consists of 4-sessions:  
Group A: 10/3, 17/3, 24/3, 31/3  
Group B: 3/11, 10/11, 17/11, 24/11

## Healing in Nature

Time: 6:00pm - 7:00pm  
Venue: MacRitchie Reservoir

In harmony with nature, find space to soften grief - reconnecting with body, mind, and spirit through sound and gentle sensory awareness. Dates: 7/1, 4/2, 4/3, 1/4, 13/5, 3/6, 1/7, 5/8, 9/9, 7/10, 4/11



For enquiry, WhatsApp 9787 9890



[www.assisihospice.org.sg](http://www.assisihospice.org.sg)



SCAN TO REGISTER

Our service is complimentary. Your donations will help us continue the meaningful work.

# 悲伤与丧亲关怀服务 2026

## 悲伤与丧亲辅导

星期一至五 (公共假日除外)  
早上 8.00 - 下午 5.00

专业辅导, 陪伴与支持您  
走过悲伤, 寻找内心安宁  
辅导可通过面谈或Zoom。

## 悲伤咖啡馆

下午 2.00 - 3.30  
地点: 雅西西慈怀病院  
日期: 21/1, 25/2, 18/3, 15/4, 20/5, 17/6, 15/7, 19/8, 16/9, 21/10, 18/11, 16/12

一个安全、无评判的空间,  
让您分享、倾听, 见证  
或纯粹安静陪伴您的悲伤

## 丧亲支援小组

下午 2.30 - 4.30  
地点: 雅西西慈怀病院

由辅导员带领的为期四周疗愈之旅:  
在分享、反思与领悟中蜕变

A组: 10/3, 17/3, 24/3, 31/3  
B组: 3/11, 10/11, 17/11, 24/11

## 大地疗愈

下午 6.00 - 7.00  
地点: 麦里芝蓄水池

在大自然的怀抱中, 抚慰悲伤,  
无论失落新近或久远,  
都可在此寻得平衡与疗愈

日期: 7/1, 4/2, 4/3, 1/4, 13/5, 3/6  
1/7, 5/8, 9/9, 7/10, 4/11



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报名

以上活动均不收费, 欢迎您以捐款支持, 让关怀得以延续。