



OCEANS

Grief and Loss Peer Support Programme



What is OCEANS?

OCEANS is a Grief and Loss Programme that provides an opportunity for people who are missing someone in their lives to:

- share and learn from others experiencing a similar loss
- move through a programme that has been proven to build trust and resilience.
- experience and learn from the programme activities developed to assist people to cope with loss and change in their lives
- be supported by caring and trained Facilitators who deliver the OCEANS Programme

The OCEANS Programme is based on the Continuing Bonds therapeutic model of Grief and Loss and uses a Solution Focused approach.

Who comes to OCEANS?

- People experiencing grief because they are missing someone significant due to death, separation or divorce (eg. a parent, child or spouse)
- Someone who has lost an important or significant friend through death
- Those who have lost someone they love but have never really mourned
- A person who is missing a family member due to family court or legal circumstances
- Someone who needs help talking about their loss/es in a non-judgemental environment

The OCEANS Programme

OCEANS Grief and Loss is a peer support programme that supports school aged CHILDREN through an eight-session programme (one hour a week), and TEENS or ADULTS through a six-session programme (90 mins or two hours a week respectively).

The focus of this programme is providing a safe environment for participants to talk about their losses and the changes that have occurred then look ahead to a preferred future living and coping with the loss/change. They discover, develop and share strengths that assist each other to live with their grief.

Groups of up to six people are supported through the programme by two trained and caring facilitators. Programmes are run throughout the year but are dependent on having enough people and available facilitators.

For further information about OCEANS you can contact Matt Cameron on:

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“Grief is like the ocean; it comes on waves ebbing and flowing. Sometimes the water is calm, and sometimes it is overwhelming. All we can do is learn to swim.”- Vicki Harrison