



We gather together to support each other every two months where we either have a speaker, watch a video on aspects of grief, share each others grief or chat informally. Personal support is given by phone calls and home visits particularly to the newly bereaved and where a need is known. Once a year we endeavour to run a grief workshop.

There are no subscriptions. The newsletter and workshops are free to bereaved families. No commitment is expected from bereaved families to attend workshops, bi-monthly gatherings or receive newsletters

THE AREA ENCOMPASSED BY CENTRAL OTAGO  
COMPASSIONATE FRIENDS The Teviot Valley – The Maniototo – Queenstown – Wanaka – Cromwell – Alexandra All the areas in between and surrounding the above places

## Details

- Email: [centralotagocf@gmail.com](mailto:centralotagocf@gmail.com)
- Phone: 027 396 0611

## Website

[compassionatefriends.org.nz/contact.html](http://compassionatefriends.org.nz/contact.html)