



# GRIEF AND LOSS

Nothing really prepares you for the death of someone you love. We get it.

**CANTEEN**

Getting the right support when someone in your whānau has died is so important, but asking for help can be tricky too. Canteen is here to support you. We can provide individual support and connect you with other rangatahi who understand what you're going through.

## We provide services and programmes specifically for rangatahi dealing with grief and loss:



**Individual Support Sessions:** access free and confidential individual support and therapy. Our team are specially trained to support you with the loss of a loved one.



**Peer support:** connect with other rangatahi who understand what you're going through and have a break from cancer at our peer support events organised by our Youth Workers.



**Sensing our Grief:** a group programme for rangatahi that have lost a loved one. It provides an opportunity to explore grief and loss through the 5 senses.



**Canteen Connect:** an online community where you can connect with other rangatahi going through similar stuff, join online events, or chat to a Canteen Connect counsellor. [canteenconnect.org.nz](https://canteenconnect.org.nz)



**Rangatahi Development Grant:** a financial grant you can apply for that aims to support you to grow and thrive. There is an application intake every quarter and a select committee decides the recipients.





# CANTEEN AOTEAROA

Rangatahi don't have to face cancer alone. Canteen is a safe space for rangatahi aged 13-24 to connect, share the tough stuff, and get a break from cancer when they need it.

**CANTEEN**

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