



The
White Lily Centre



**A Gathering Place for
Bereavement Support,
Comfort and Education**

After more than 33 years as a Southampton Funeral Director, Jonathan Terry has been able to realise his dream of providing free bereavement support to those in need.

The White Lily Centre is a place where grieving people can gather for upliftment and comfort through a shared experience, guided by trained and compassionate staff who have all been through the heartbreak of their own losses. We offer gentle support throughout the bereavement journey, right the way through to the time when you feel ready to go out into the new world in which you find yourself after the loss of your loved one.

We are also committed to educating those in the community who have been blessed to not yet have been touched by bereavement to understand the needs of those who are grieving and how best they can help their bereaved friend, family member or colleague.

Everybody's experience of loss is different, there is no right or wrong way to grieve. Human beings are resilient, we can take a lot before we break. But sometimes we find the burden hard to bear. The support of family and friends is invaluable but it can be easier to unravel our emotions with the help of someone more removed from the situation.

At The White Lily Centre we offer professional help in the form of counselling and information as well as friendship and compassion as you work through the four tasks of mourning at your own pace.

WILLIAM WORDEN'S 4 TASKS OF MOURNING

- To accept the reality of your loss
- To work through the pain of grief
- To adjust to an environment in which the deceased is missing
- To find an enduring connection with the deceased while embarking on a new life

THE SERVICES WE OFFER

One to One Counselling

At The White Lily Centre we are pleased to provide free one to one bereavement counselling with an experienced counsellor or final year trainee. The counselling team is led by Margaret Francis, who has undergone additional specialist training in complicated and traumatic grief.

Bereavement Groups

Our small bereavement groups are designed to provide information and understanding of the psychological and physical effects of the grieving process and an opportunity to meet others who may be going through a similar experience to yours. The companionship of the groups provides a nurturing environment in which members support each other. The groups loosely follow an 8 week programme but are always led by the needs of the particular members.

Social Events

Loneliness and isolation can hinder our journey through grief so we know the value of being able to step back out into the world following a loss. We also know how hard that can be, especially for someone who is on their own. You will find all of our social events welcoming, whether you come alone or bring someone with you for moral support. Our events include coffee mornings, walking groups, lunch or dinner at a restaurant, cinema or theatre trips, coach trips to places of interest etc.

Community Outreach

One of our aims is to foster an understanding of bereavement within the general community. We are always happy to talk to groups, organisations, companies or individuals about how they can help support those around them who are grieving. We can also provide written information for inclusion in magazines or literature.



“The trick is, with grief, to take it on board and carry it as best you can. It can never simply be left behind. By the time you have felt it, it’s too late. It has become a part of you, residing in your very soul. So take it with you as you go about your business, learn to accommodate it and all is not lost.”

I AM NOT ALONE

by Claribel Alegria

I am not alone and never will be.
Your absence is my company.

LIGHTHOUSE

by Joanne Douglass

There may be times ahead when I question
The reason you are gone and how I might now fashion my future

There may be times ahead that leave me without a shell
To protect and defend my uncertain position in the face of new challenges

There may be times ahead when I question
The purpose and form of this confusing, frustrating existence
But there will never, ever be a time when I wonder if I was loved.



GET IN TOUCH

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We look forward to hearing from you.

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