

## **What Does Aftercare Look Like at Nunazorg?**

Since 2010, Nunazorg has been providing personalised support tailored to individuals coping with grief and loss. We take the initiative to reach out by phone, establishing the initial contact. Our approach begins with inviting individuals to share their personal stories, with careful attention we listen. If requested, we complement this with tips and advice.

Depending on the challenges someone is facing, we arrange follow-up guidance. When needed, we help find answers to existing questions and return with possible solutions. We remain in contact for as long as desired, which can extend up to a year after the initial interaction. Our experience shows that many questions arise over time, rather than immediately following a loss.

On average, we dedicate approximately two hours to active contact. In addition, we invite everyone to join the Nunazorg community, where connecting with others and fostering long-term relationships are central.

Nunazorg operates independently, seeking the best solutions with respect for everyone's unique circumstances and possibilities. We provide thorough information about available options and collaborate with other organisations when needed.

For more information about our approach, visit [www.nunazorgspanje.nl](http://www.nunazorgspanje.nl) or [www.nunazorg.nl](http://www.nunazorg.nl).