

AFTER SUICIDE SUPPORT - 6 sessions

On-going support will be offered through-out and at the completion of this series.

This group setting is a time to:

- Talk with other people who have been bereaved by suicide.
- Share and speak freely.
- Bring some understanding to individual experiences of grief.
- Bring forth expectations that we and others have that are not helpful in our grief, and how to manage these.
- Talk about grieving in your own unique way.
- Learn about managing traumatic responses.
- Finding ways to have our loved ones presence continue in our lives.
- Talk about other things you'd like to that are relevant to losing a loved one to suicide.

Venue: Grief Support Services, 147 Chadwick Road, Greerton

Host: Janet Baird, Grief Support Facilitator / Counsellor
Dip Counselling
PG Cert. Counselling (Family)
MNZAC

Phone or email for dates, information and to register.

578 4480 griefsupport@xtra.co.nz

Individual and family counselling also available.

No charge, donations welcomed.