

Bereaved by Suicide Support Group

Newsletter No. 3

June/July 08



Our next meeting is this Monday, 21 July.

Meetings for the following months are:

18 August

15 September

20 October

We meet at 7.30pm and finish by 9pm at our rooms at 147 Chadwick Road, Greerton, above Pizza Hut.



Janet Baird—Group Facilitator/Counsellor
Donna La Fauci—Receptionist

Phone: 578 4480

Mobile: 027 213 1013

Email: griefsupport@xtra.co.nz

If you no longer wish to receive this newsletter please let Donna know.

“Our lives are shaped as much by those who leave us as they are by those who stay.
Loss is our legacy
Insight is our gift.
Memory is our guide”

Hope Edelman

One of our group members, Janie, has donated a Remembrance Book which we will have at our meetings each month. You are welcome to bring photos, writings, anything at all, that you would like to place in this book in honour of your family member or friend.

Welcome to new members.

This is most likely a group you would never have dreamt you'd be a part of. We hope that your association with it and the support it offers will help you, in some way, to manage the pain and the overwhelm that suicide brings with it. It is also most likely that your presence will offer support and make a difference to the other people in this group.

Please do come along and be welcomed into this group of understanding people.

This newsletter is a means of creating a link to others who know what it's like to lose someone they love to suicide. If you'd like to contribute to the newsletter, be it something you have read or come across that you've found helpful, or a story from your own experience, please email it to Donna. Contributions can be anonymous.



"Shared feelings.....enrich and lead to growth and healing"

Support after Suicide Support Group Newsletter #17 Sydney

World Suicide Prevention Day

September 10 is the date given to this day by the World Health Organisation. We intend to create a special event early in September, that highlights the cost of suicide to families and communities and acknowledges those people who have died by suicide.

We will spend a small amount of time at this coming meeting sharing the plans so far. You would be most welcome to join us if you would like to participate in the organisation of this event whether that is in a big or small way. Let Janet or Donna know if you want to join in.



Anniversary Day

Anniversaries keep coming. The word anniversary is usually associated with the likes of birthdays, weddings, a year since a death. But they actually come in all shapes and sizes.....that first winter that you didn't have to turn their electric blanket on, the first lot of school holidays without them, seeing their mates head off to university, the first Christmas and holiday to name but a few. People have different ways of managing the feelings that come at these times. Would you like to share some of the ways you have coped? Email or phone Donna if you have some (anonymous if you wish) thoughts to share in this newsletter. We have enclosed a flyer "At Anniversary Time" that may be of interest to you.