

After Suicide Monthly Support Group

A safe and caring space to support one another and share helpful ideas

Monthly Meetings

EVENING: 5:30pm
2nd Monday
of each month
Next meeting on
11 September

As well as facilitating the After Suicide Support Group we offer individual and family counselling. We work with children from age 6.

Our services are subsidised, donations are welcomed.

Group Facilitators

Janet Baird
Megan Gamble

Administrator

Denise Carroll

Contact us:

578 4480

support@griefsupport.org.nz

Website:

www.griefsupport.org.nz

Do you feel a bit shy about coming to the monthly group?

Please ph 578 4480 or email support@griefsupport.org.nz to let us know you are interested. We will get in touch with you before the group meeting and answer any questions and be a familiar face when you come.

Janet and Megan

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

Kia ora and welcome to this newsletter and the link it provides to a caring community

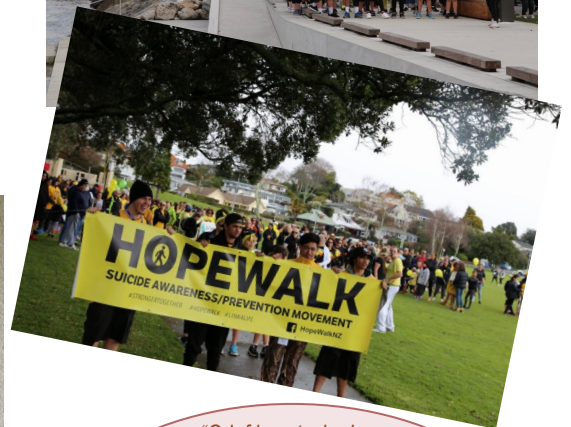
Approximately 400 people attended the Hopewalk, the suicide awareness and prevention movement



"Many loved ones remembered"



HOPWALK - August 26th



*"Grief is not who I am.
Grief has become an important part of me,
a part I will not deny,
a part I will cherish in its own way,
a part from which I can learn, for as long as I live.
It is not something to be jettisoned from who I am.
It is not some dreaded disease from which to be cured.
It serves a purpose, and changes like everything else in life.
It has taken its own rightful place in my being –
sometimes a shadow, sometimes a cloud,
sometimes a rainbow, sometimes a glaring sun."*

Al Estock

Bereaved by suicide 8 week group

WAVES is an informative support group for adults 17+ to:

- share thoughts and feelings around what has happened in a safe, supportive space
- discuss the nature of suicide
- gain information and ideas about how to care for oneself and for others
- encourage resilience

The group of 5-8 people is facilitated by Janet & Megan

Starts: Monday 16 October

Time: 5:30pm—7:30pm

Contact: Denise - support@griefsupport.org.nz or phone 578 4480 for more information or to register.

AGM: Wednesday 6 September - 5.30pm at Grief Support Services