

## **AFTER SUICIDE SUPPORT GROUP**

### **Monthly meetings**

**We invite you to come along to our  
safe and caring group.**

**Come and have a cup of tea /coffee and take the opportunity 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 may have that are not helpful in our grief, and how to manage these
- Acknowledge and share what is helpful.
- Re-member your loved one and talk about ways you might like them to continue in your life.
- Talk about grieving in your own unique way.
- Share ways of managing traumatic responses.
- Talk about other things you'd like to that are relevant to losing your loved one to suicide.

**Meetings are held on the  
2<sup>nd</sup> Monday of each month 5:30pm – 7:00pm  
and  
4<sup>th</sup> Wednesday of each month 1pm – 2:30pm**

Phone or email for information and venue details

578 4480    [support@griefsupport.org.nz](mailto:support@griefsupport.org.nz)

Individual and family counselling also available.

No meeting in January 2017