

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 on 14 August

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 phone 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 along. *Janet and Megan*



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

In the past we have held a Memorial Service on World Suicide Prevention Day. This year we are doing something different to remember loved ones lost to suicide. We will be walking with others on the **HOPEWALK**. HOPEWALK is a movement to bring greater awareness to the issue of suicide and promote suicide prevention. Community members come together for a Public Walk of Hope and Remembrance. Along with this newsletter you will have received a flier with the details of the **HOPEWALK**. We invite you to come and walk with us. We will meet at **Memorial Park** on the grassy area by the carpark near the water, at **12:30 pm on Saturday August 26th**. To find the Grief Support Services group, look for the green and yellow balloons.

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 and Megan

Starts: Monday 16 October

Time: 5:30pm—7:30pm

Contact: Denise, support@griefsupport.org.nz or phone 578 4480 for information or

Our way is not soft grass,
It's a mountain path with lots of rocks,
But it goes upwards, forwards, to the sun
Ruth Westheimer



4 rituals proven by neuroscience to make you happy

You get all kinds of happiness advice on the internet from people who don't know what they're talking about. Don't trust them. Trust neuroscience.

THELADDERS.COM

www.facebook.com/GriefSupportServices/posts/1455709674481810

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