

## After Suicide Support Group

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

### Monthly Meetings

(except Jan '17)

EVENING: 5:30pm

2nd Monday of each month

Next on 11 July

DAYTIME 1pm

4th Wednesday of each month

Next on 27 July

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 (Evening)

Michelle Burling (Day)

### Administrator

Denise Carroll

### Contact us:

578 4480

support@griefsupport.org.nz

### Website:

www.griefsupport.org.nz

### Coming to the group?

Please phone 578 4480, text 027 213 1013 (the number was wrong in the last newsletter) or email support@griefsupport.org.nz to let us know you are coming so we know how many chairs and cups to put out. If you haven't been before we will get in touch before the group meeting.

J, M & M :)

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

**'Choice'** So many ideas, thoughts and pain can spring out of this word when you have lost a loved one to suicide. At our June group we talked about 'choice' in the context of 'what now for our present and our future?' "Saying the words *I have some choice in how things go for me now* is easier said than done" was one comment that got a lot of nods. Having the idea expresses an intention and that's a good place to start. Just recognising that there are choices is another starting place. Perhaps 'choice' is something about steering yourself in directions that you somehow know serve you better. You might have a day where you know an afternoon on the couch under a rug is what you need—even though someone else might have other ideas for you; you get to make this choice. Or you might not feel like going to that dinner even though you know it would be good to go. Sometimes the choice is between feelings and knowing and sometimes choices need a plan around them to make them possible..... "I'll go to that dinner but take my own car so I can leave when I'm ready".

Iris Bolton lost her 20 year old son, Mitch, to suicide and is the author of the book 'My son, my son' (1995). She expresses below how she uses the notion of 'choice' in her life..

I don't know why.  
I'll never know why.  
I don't have to know why.  
I don't like it  
What I do have to do is to make a choice about my living.  
What I do want to do is accept it and go on living.  
The choice is mine.  
I can go on living, valuing every moment in a way I never did before or I can be destroyed by it and, in turn destroy others.  
I thought I was immortal. That my family and children were also.  
That tragedy only happened to others.  
But I know now that life is tenuous and valuable,  
So I am choosing to go on living, making the most of the time I have,  
Valuing my family and friends in a way never possible before.



Day time support group starting this month. You are most welcome to attend the evening and daytime group.

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