

After Suicide Support Group

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

Monthly Meeting

2nd Monday
of each month
(except Jan '17)
Next meeting Monday
13 June 5:30pm at
Grief Support Services.

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

Please tell us
about any books,
quotes, ideas
that you have
found to be
helpful so we
can share these
in this
newsletter.

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

At our May group, alongside some of the difficult times that were spoken about
people shared some of ways they are getting through:

Looking after myself first
Holding off on some decisions
Taking small steps
Tiny steps
Going day by day
Doing what's right for me
Choosing the rest of my life
Making these a conscious thought

Our library: We lend books for two weeks at a time.

'What Abi taught us' by Lucy Hone is about 'resilient grieving'. "Resilient grieving doesn't mean putting on a brave face, hardening up and pretending it's okay. Far from it. Resilient grieving involves accepting that the pain and on-going misery is a necessary bi-product of losing someone we love, while simultaneously working out our own personal processes enabling us to continue to live even while we grieve". Lucy Hone. Lucy's daughter, Abi, tragically died in a car accident. (Can be purchased from Paper Plus)

'Dying to be Free' by Beverly Cobain and Jean Larch. A guide to healing after the loss of a loved one to suicide. Some comments from people who have borrowed this book from our library: "Easy read, good book", "Good book, many points that hit the spot", "Excellent book, this is so helpful, I bought myself a copy to be able to refer back to it", "This is very well written and informative".



Coming to the group?

Please phone 5784480 / text 027 213 2013 or
email support@griefsupport.org.nz to let us know if
you are coming so we know how many chairs and cups
to put out (on the day is fine). If you haven't been
before we will get in touch before the group meeting.

J and M :)

Remember to Breathe.....

Slowly in through your nose
and out through your
mouth. Try to take the
breath down to your belly.
Do this a couple of times in
a row whenever you think of
it. This can help to relax and
give some sense of control.
You don't need to lie down,
unless you want to balance a
book to help the belly breath-
ing, though good to do in bed :)