



**A grief education programme for adults bereaved by suicide.**

This programme starts on Monday 26 September and runs for 8 weeks. We have a break in the middle for Labour Day Monday. The last day is November 21.

It will run from 5:30pm - 7:30pm

The group will be facilitated by Megan Gamble and Janet Baird who are trained to facilitate this programme.

WAVES is a grief education programme that aims to support adults bereaved by suicide in their understanding and management of grief and development of resilience. It supports members to:

- Meet and share with others who are also experiencing the impact of suicide.
- Process and manage thoughts and feelings around what has happened.
- Find meaning in their experiences.
- Discuss the nature of suicide.
- Gain information and strategies about how to care for themselves and others after a suicide, including children and young people.
- Adjust to living with loss and move forwards.

This programme is interactive and supportive and will be delivered in a friendly and safe way. Please contact us for more information or to register.

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