HORIZONS
Suicide Bereavement Support Group

SUICIDE BEREAVEMENT COFFEE AND INFORMATION GROUPS

"Grieving doesn't make you imperfect. It makes you human."
Sarah Dessen

Papamoa

2nd Tuesday of each month
10:00am to 11:30am
Papamoa Family Services
35e Hartford Avenue, Papamoa

Tauranga

3rd Tuesday of each month
6:00pm to 7:30pm
Grief Support Services
147 Chadwick Road, Greerton

RSVP required:
Amy Colonna
021 0903 9568
amy@griefsupport.org.nz

www.griefsupport.org.nz

GRIEF SUPPORT SERVICES.

Please join us in this safe space to share, find support and explore new ways to heal after loss of someone to suicide, either recent or past.

You are not alone, there are no set expectations, sometimes being with others with a shared understanding of this form of grief and loss helps more then you may expect.

Contact Amy to have a chat, or link in with other forms of support such as counselling, a peer support worker or our WAVES after suicide support and education programme. All services no fees.