WAVES

A grief education programme
for adults bereaved by suicide

Offering a compassionate, structured, and supportive environment for adults who are bereaved by suicide.

This eight-week group is designed to help you understand and manage your grief, build resilience, and find hope during profound loss.

WAVES is not just another support group—it's a transformative experience that connects you with others who truly understand what you're going through. By participating, you will have the chance to share your journey with people who are walking a similar path. The bonds you form here can become a vital source of strength and healing.

The WAVES programme is facilitated by highly trained counsellors and grief educators from Grief Support Services, who have the expertise to guide you through the complexities of grief. They are there to support you every step of the way in a warm, professional, and empathetic environment.

Mondays 5:30pm to 7:30pm
start date 28 July 2025
end date 15 September 2025

Register today - 07 578 4480
support@griefsupport.org.nz
www.griefsupport.org.nz

GRIEF SUPPORT SERVICES.

Individual & whānau/family counselling also available

Because grief happens and support matters...

skylight