WAVES

A grief education programme
for adults affected by suicide

Bereaved by Suicide?

This grief education programme is for adults 18+ who have been affected by the suicide of someone they know.

The group allows members to:

- Share their thoughts and feelings around what's happened
- Discuss the nature of suicide loss
- Gain information and ideas about how to care for themselves and others, including children and young people, after a suicide

The group of 6-8 people is facilitated by professional counsellors and educators and runs over 8 weeks.
We are now taking enrolments for our next free/koha group.

Tuesdays 5:30pm to 7:30pm
Starts 9 Feb to 6 Apri 2027
147 Chadwick Road, Greerton

To register or find out more
phone 07 578 4480 or visit
www.griefsupport.org.nz

GRIEF SUPPORT SERVICES.

Individual & whānau/family counselling also available

Tony's Place
SUPPORT AFTER SUICIDE