

WAVES

A grief education programme
for adults bereaved by suicide

An informative support group for
adults 18+ who have been affected by
the suicide of someone they know.

THE GROUP OFFERS A SAFE AND SUPPORTIVE SPACE TO:

- Share thoughts and feelings around what has happened
- Discuss the nature of suicide
- Gain information and ideas about how to care for oneself and others, including children & young people, after a suicide.

The group of 4-8 people is facilitated by qualified counsellors and educators at Grief Support Services and runs over 8 weeks.
We are taking registrations for the term 1 2023 group.

Mondays 5:30pm to 7:30pm
start date 13 February 2023
end date 3 April 2023

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Individual & family
counselling also available

Because grief happens and support matters...

