

# 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 4 2023 group.

Mondays 5:30pm to 7:30pm  
start date 9 October 2023  
end date 4 December 2023

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Individual & family  
counselling also available

Because grief happens and support matters...

