

WAVES

A grief education programme
for adults bereaved by suicide



Bereaved by Suicide

'WAVES'

An informative support group

This informative support group is 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 and young people, after a suicide

The group of 4-8 people is facilitated by trained counsellors / educators at Grief Support Services and runs over 8 weeks.

We are taking registrations for the November 2021 group

Time: Mondays 5:30pm - 7:30pm starting 1 November 2021
Contact: Jeanette, 021 754 480 or jeanette@griefsupport.org.nz

Individual and family counselling also available

Because grief happens and support matters...

