



Bereaved by Suicide ' WAVES' An informative support group

This grief education and support group is for adults 17+ who have been affected by the suicide of someone they know.

The group offers a safe 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 next group.

We know it's not always easy to come to the group, so give us a call for more information and to find out whether it may be for you.

Venue: Grief Support Services, 147 Chadwick Road, Greerton

Date: Mondays, start date 29 October

Time: 5:30pm – 7:30pm

Contact: Denise, 578 4480 or support@griefsupport.org.nz

Individual and family counselling is also available.