



SUPPORT SERVICES

After Suicide Support

Individual and family/whanau counselling
and WAVES support group

**Kia ora and welcome to this newsletter
and the link it provides to a caring community**

Bereaved by suicide 8 week support group

<http://www.griefsupport.org.nz/waves-program>

WAVES is an informative support group for adults 17+ to:

- share thoughts and feelings around what has happened in a safe supportive space
- discuss the nature of suicide
- gain information and ideas about how to care for oneself and for others

The group of 4—8 people is facilitated by Janet and Michelle

Contact: Denise support@griefsupport.org.nz or phone 578 4480 for more information or to register.

Starts: Monday April 2019 date TBC **Time:** 5:30pm—7:30pm

One of the topics we discuss in the WAVES group is how differently people experience and express grief. Within families or groups of friends loss and grief can be made all the more difficult because of different 'grieving styles'. For example one person may not want to talk about their loss and it may appear that they are not feeling the grief as much as someone whose emotions are more readily expressed and who wants to talk about the person who has died or how they are feeling. Neither of these ways is right or wrong, they are just different to each other. But all the same, it can make relating to one another difficult.

One theory relating to this offers the idea that there is "instrumental grief" - where our grief responses will involve thinking, strategizing, organising, making sense of things and there is "intuitive grief" - where our grief responses will involve feeling reactions, seeking affection and nurture. While we may be more inclined one way than the other this could be thought of as a continuum that we move back and forth along depending on the context we are in. We may find that one day we get comfort from allowing the tears and another day it's a relief to go fishing or get out in the garden. When you want to talk but your family member/friend wants to go fishing then it has the potential to become difficult.

It may be helpful to acknowledge the difference in grieving styles. What do you know about your grieving style? What have you noticed about others' grieving style. Have you thought of ways to manage the differences? **Awareness is a great start.**

The monthly support group which is held at the RSA in Waihi Beach has met twice now and will be meeting again on **Saturday 5 January, 9:30—11:30am.**

The group is called **Riverlight Suicide Support Group.**

If you would like to know more about the group or are interested in attending you can phone Karin on 021 103 7404 or email her at riverlight62@gmail.com

Meet the
Grief Support Services team
<http://www.griefsupport.org.nz/our-board-and-team>

WAVES Group Facilitators
Janet Baird
Michelle Burling

Administrator
Denise Carroll

Contact us:
578 4480

e: support@griefsupport.org.nz

Website:

www.griefsupport.org.nz

As well as facilitating the **WAVES**
After Suicide Support Group

Grief Support Services offers
individual and family counselling.
We work with children from age 6

**Grief Support Services is
closed from Monday
Dec 24, reopening on
Monday January 7th.**

Alternative support numbers:
Free call or text 1737 to speak
with a trained counsellor.
Lifeline: 0800 54 33 54
Crisis Line: 0800 800 508

**Christmas Time. Like
grieving styles, Christmas
can be different for every-
one. We wish you well
over this time. In the face
of "shoulds" listen to your
wise voice and do what is
right for you. Take a look
at this link and see if there
is anything here that will
be of use to you over the
Christmas period.**
[https://
whatsyourgrief.com/64-
tips-grief-at-the-holidays/](https://whatsyourgrief.com/64-tips-grief-at-the-holidays/)

**With love to you
from all of us at
Grief Support Services**



If you no longer wish to receive this newsletter please let Denise know