



## Bereaved by Suicide ' WAVES' An informative support group

This grief support and education 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 at Grief Support Services and runs over 8 weeks. We are taking registrations for the October group.

Feel free to ring or email if you want to know more about the group. Registration is required to attend. No charge.

**Venue:** Grief Support Services, 147 Chadwick Road, Greerton

**Date:** Mondays, starting October 2019

**Time:** 5:30pm – 7:30pm

**Contact:** Denise, 578 4480 or [support@griefsupport.org.nz](mailto:support@griefsupport.org.nz)

**Individual and family counselling is also available.**



[www.griefsupport.org.nz](http://www.griefsupport.org.nz)