

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

### Bereaved by suicide 8 week support group

We are taking registrations for our next  
**WAVES support group which starts in April**

5:30pm—7:30pm on a Monday, date tbc

<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
- develop resilience
- gain information and ideas about how to care for oneself and for others

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

**Contact:** Denise [support@griefsupport.org.nz](mailto:support@griefsupport.org.nz) or phone 578 4480 for more information or to register

**Grief Support Services is closed for the Christmas/ New Year break from Monday Dec 23 and reopens on Monday January 6.**

**Alternative support numbers:**

Free call or text **1737** to speak with a trained counsellor

Lifeline: 0800 54 33 54      MH Crisis Line: 0800 800 508

### Riverlight Suicide Support Group:

Karin has been hosting the Riverlight Support Group in Bowentown for over a year now.

Karin is now also going to host a group in Tauranga.

This special group “provides hope and inspiration to those coping with the suicide of a loved one, bringing people together in a warm and caring environment”.

The group is held in both locations of the first Saturday of the month. The first meetings for 2020 will be **Saturday February 1st.**

The Bowentown group meets from 9:30 am—11:30am  
contact Karin for venue details.

The Tauranga group meets from 2pm—4pm at Grief Support Services,  
147 Chadwick Road, Greerton.

## YOUR HOLIDAY GRIEF SURVIVAL GUIDE

HOW TO GET THROUGH THE HOLIDAYS WHEN YOU'RE GRIEVING

### 1. LET YOURSELF SAY 'NO'

Above all else, you need to take care of yourself. If you're feeling sad & not up for going to that holiday party - give yourself permission to say no! Stay home, watch a movie and take care of yourself.

### 2. IT'S OKAY TO LEAVE EARLY

You might feel like you're up for a social gathering until you get there and realize "I am not okay being here". That's okay! Give yourself permission to go home early - your friends will understand.



### 3. ALWAYS HAVE AN EXIT STRATEGY

Drive to holiday parties yourself so you have the option to leave as soon as things get too difficult to handle. Avoid hosting if you can - if you host, you can't leave! ALWAYS make sure you have an escape plan in place.

### 4. YOU'RE ALLOWED TO CHANGE YOUR MIND

So you've said yes to that thing you said you'd do but now you're absolutely dreading it? Know that you're allowed to change your mind! If you've over-committed yourself, be honest! You're allowed to change your mind.

### 5. SURROUND YOURSELF WITH SUPPORTIVE PEOPLE


Only surround yourself with people who make you feel supported & understand that you're grieving and might not be up for celebrating this year.



### 5. KNOW IT'S OKAY TO BE SAD & IT'S OKAY TO BE HAPPY TOO



You don't have to love this holiday season. A lot of it is hard. Give yourself that it's okay to be sad, it's also okay to feel happy - it's okay to get better. It doesn't mean you're "over" the loss.

 love lives on.com

## Love to you from all of us at Grief Support Services

A few helpful links:

Grief after suicide: <https://www.skylight.org.nz/resources/suicide/lost-someone-close-to-suicide/grief-after-suicide>

'Are you worried someone is thinking of suicide: <https://indd.adobe.com/embed/227e6061-3b55-4bf5-8d52-6aceff7cb51d?startpage=1&allowFullscreen=true>

Having suicidal thoughts and finding a way back: <https://indd.adobe.com/embed/b8c927aa-86cc-41e6-aa5a-be09187df426?startpage=1&allowFullscreen=true>

[www.griefsupport.org.nz](https://www.griefsupport.org.nz)      [whatsyourgrief.com/64-tips-grief-at-the-holidays/](https://whatsyourgrief.com/64-tips-grief-at-the-holidays/)

**CONTACT GRIEF SUPPORT SERVICES: 578 4480 [support@griefsupport.org.nz](mailto:support@griefsupport.org.nz)**