



HORIZONS TAURANGA

AFTER SUICIDE SUPPORT GROUP

MONTHLY, FIRST MONDAYS

1PM -3PM

“Grieving doesn't make you imperfect. It makes you human.”

— Sarah Dessen,

No obligation monthly support group now available for peer support and information for those bereaved by a Suicide (recent and historical).

First Monday of each month;
Monday 3rd August. 7th September.
5th October. 2nd November. 7th
December.

Location: large, private, comfy room
at **Papamoa Family Services**
(35e Hartford Ave, Tauranga)

Time: 1pm to 3pm (option to leave
early or start late is always there)

Contact: Amy Colonna,
Suicide Bereavement Support
Coordinator- Grief Support Services.
P: 021 0903 9568
E: amy@griefsupport.org.nz
Website: griefsupport.org.nz

This is free safe space to connect with others to offer each other support and healing.

You are not alone, we want this space to become your own to share, feel heard and speak your truths without judgment or expectations.

We talk about them, not because
we're stuck or because we haven't
moved on, but we talk about them
because we are theirs, and they
are ours, and no passage of time
will ever change that.

SCRIBBLES & CRUMBS