



# HORIZONS

## AFTER SUICIDE SUPPORT GROUPS

**Tauranga-** Evenings.

Last Monday each Month 6-7.30 pm

**Papamoa-** Daytime.

First Monday of each Month 1-3 pm

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

— Sarah Dessen,

**Papamoa** First Monday of each month;  
7<sup>th</sup> September. 5<sup>th</sup> October. 2<sup>nd</sup>  
November. 7<sup>th</sup> December.

**Location:** Papamoa Family Services  
(35e Hartford Ave, Tauranga)

**Time:** 1pm to 3pm

**Tauranga** Last Monday of each month;  
28<sup>th</sup> September. 26<sup>th</sup> October. 30<sup>th</sup>  
November.

**Location:** Grief Support Services  
(147 Chadwick Road, Greerton,  
Tauranga)

**Time:** 6pm to 7.30pm

**RSVP, Coordinator Contact:**  
Amy Colonna,  
Suicide Bereavement Support  
P: 021 0903 9568  
E: amy@griefsupport.org.nz

**Website:** [griefsupport.org.nz](http://griefsupport.org.nz)

Please join us in this safe space to share,  
support and explore new ways to heal  
after your loss, either recent or past.

You are not alone, there are no set  
expectations, sometimes being with others  
with shared understanding of this form of  
grief and loss helps more than you may  
expect.

Please feel free to contact the coordinator  
and have a chat, get an information pack  
emailed out with common questions, and  
even link in with other forms of support  
such as free counselling or our WAVES  
after suicide educational programme.

