



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;
7th September. 5th October. 2nd
November. 7th December.

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

Time: 1pm to 3pm

Tauranga Last Monday of each month;
28th September. 26th October. 30th
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

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.

