



# HORIZONS

**SUICIDE BEREAVEMENT,  
SUPPORT AND INFORMATION  
GROUPS**

**Tauranga - Evenings**

6-7.30 pm

**Papamoa - Daytime**

First Monday of each month: 1-2.30 pm

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

— Sarah Dessen,

## 2021 Dates

Excl Public Holidays

**Papamoa** First Monday of each month;

12<sup>th</sup> Apr, 3<sup>rd</sup> May, 5<sup>th</sup> Jul, 2<sup>nd</sup> Aug, 6<sup>th</sup>  
Sep, 4<sup>th</sup> Oct, 1<sup>st</sup> Nov, 6<sup>th</sup> Dec

**Location: Papamoa Family Services**

35e Hartford Ave, Tauranga

**Time: 1.00pm to 2.30pm**

## Tauranga

29<sup>th</sup> Mar, 19<sup>th</sup> Apr, 25<sup>th</sup> May, 29<sup>th</sup> Jun,  
27<sup>th</sup> Jul, 31<sup>st</sup> Aug, 28<sup>th</sup> Sep, 26<sup>th</sup> Oct,  
30<sup>th</sup> Nov, 21<sup>st</sup> Dec

**Location: Grief Support Services**

147 Chadwick Road, Tauranga

**Time: 6.00pm to 7.30pm**

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 experiences of grief and loss helps more than you may expect.

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

### RSVP to Coordinator:

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

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