

WAVES

A grief education programme
for adults bereaved by suicide

Bereaved by Suicide?

WAVES Mid Canterbury A Bereaved by Suicide Group

This grief education programme is for adults 18+ who have been affected by the suicide of someone they know.

The group allows members to

- share their thoughts and feelings around what's happened
- discuss the nature of suicide
- gain information and ideas about how to care for themselves and others, including children and young people, after a suicide

The group of 6—8 people is facilitated by professional counsellors and educators and runs over 8 weeks. The date may need to be changed if there is an insufficient number of participants registered for the group.

Contact: connie.quigley@safermidcanterbury.org.nz
Phone: 0274500742

Date:
Venue: TBA

Time: 6.30pm

Because grief happens and support matters...

