

WAVES

A grief education programme
for adults bereaved by suicide

Bereaved by Suicide?

WAVES A Bereaved by Suicide Group

This grief education programme is for adults 17 + 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—10 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.

Date: TBC when group numbers are enough
Venue: Fairfield Baptist Church
Time: 7-8.30 p.m.
Cost: Koha/Donation
Contact: Ross & Karyn Woodhouse: karynwoodhouse@gmail.com
021437803

Because grief happens and support matters...

