

WAVES



Suicide bereavement programme

Waves is an 8-week programme that aims to support adults 18+ years old who have been bereaved by suicide.

The programme combines learning about suicide and bereavement with group discussion and support. The group is facilitated by two trained facilitators and supports members to:

- ★ meet and share with others who are also experiencing the impact of suicide.
- ★ provide a safe, supportive environment to explore aspects of their grief and reduce isolation and stigma associated with bereavement by suicide.
- ★ gain information and strategies about how to care for themselves and others (including children and young people) after a suicide.
- ★ Adjust to living with loss and moving forward

The Right Help at the Right Time in the Right Way

For our next scheduled 8 week Waves programme:
click here or contact Able Invercargill.

[Able Invercargill](#)

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Able - Southern Family Support