

Life after suicide of a family member or friend

A Suicide Bereavement Support Group

When someone close to you dies by suicide it can be difficult to engage in everyday life when you are confronted by grief, confusion and ever-changing emotions.

This program aims to provide education, mutual support and coping development to assist group members in understanding the grief that follows suicide. The program will present a range of strategies and ideas that may help to minimise the stress, confusion and difficulties with continuing life after death by suicide of a loved one.

Dates: 6:00 - 7:45pm, Tuesday 29 May
6:00 - 7:45pm, Tuesday 5 June
6:00 - 7:45pm, Tuesday 12 June
6:00 - 7:45pm, Tuesday 19 June
(Attend all four dates)

Cost: Gold coin donation

Your program facilitators are:

Anita Hoare - Bereavement Counsellor and Educator

Judy Rowlands - Crisis Support Supervisor Lifeline Ballarat

Please register by Friday 26 May by calling Lifeline Ballarat 5322 4996.

