

Te Tai Aroha **WAVES**

*He ara tautoko, he ara whakaora mō ngā
pakeke kua ngaro tētahi e arohaina ana
nā te mate whakamomori*

A grief education programme
for adults bereaved by suicide

Kua pāngia e te mate whakamomori? Bereaved by Suicide?

WAVES Taranaki - A Bereaved by Suicide Group

This grief education programme is for adults 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.

This small facilitated support group meets in Ngāmotu New Plymouth one mid-week evening over eight weeks, starting in October. Sessions include some kai and the opportunity to connect with others. There is no cost to take part. Many people have found Waves to be helpful; providing a safe, supportive environment, and some helpful tools in working through bereavement together. If this is something you may be interested in, drop us an email, or give us a call and we'll get together to share more information about how the Programme works.



To find out more, please:

Email waves@taranakiretreat.org.nz,

call Taranaki Retreat on 06 2150993,

or scan the QR code and fill in the form.

We look forward to hearing from you; we stand alongside you in your loss.



*Ahakoia kua whetūrangitia, kei te noho tonu te aroha
Although they have become a star, the love remains*

TUI ORA

