

A grief education programme for adults bereaved by suicide. Meeting up once a week for 8 weeks.

# WAVES

**This community group allows members to:**

- share their thoughts and feelings around what has happened
- discuss the nature of suicide in a supportive environment
- gain information and ideas about caring for self and others

**DATE: 18<sup>th</sup> Feb 2025 – 8<sup>th</sup> April 2025**

**COST: Koha/Donation VENUE: Henderson (TBC)**

**TIME: Tuesday's 6:30 – 8:30pm**

Need to talk now? Free call or text 1737

*Facilitated by professional educators, WAVES has been developed by Skylight – [www.skylight.org.nz](http://www.skylight.org.nz)*



**Te Wahapūahoaho:**  
Supporting families towards mental wellbeing

**To express your interest please contact WAVES Coordinator**

Christine Jones Phone 0212415847

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If you are worried about your or someone else's mental health, the best place to get help is your GP or local mental health provider. However if anyone is in danger, call police immediately on 111.