



From Heartache to Hope

Local community support for people impacted by suicide loss

Everybody Welcome

Come along to a **FREE INFORMATION SESSION** and learn how to help yourself and others impacted by suicide loss. These practical and informative sessions are facilitated by Wendy French from *Talking About Suicide* and cover:

- Traumatic loss
- The journey of bereavement and grief
- Needs of the bereaved-what and when
- Ways we can support those bereaved

Who Should Come?

- Any interested community member (16+)
- Those supporting anyone bereaved by suicide
- Emergency responders
- Health care providers, chaplains & clergy, welfare & education professionals
- Line Managers, Sporting and Interest Clubs

Tuesday October 16th 2018

Evening 6:30 to 8:00pm

**St Helens Bowls Club
10 Circassian Street,
St Helens**

Tuesday October 23rd 2018

Afternoon 3:00 to 4:30pm

**Bicheno Community Hall,
Burgess Street, Bicheno**

Evening 6:30 to 8:00pm

**St Marys Hotel
48 Main Street, St Marys**

For further information or to register your attendance, please email admin@sthelensnhh.org.au or phone 6376 1134

Registration at the door is also welcome

FREE REGISTRATION

Light supper provided

