

serious fun

GIVING GRIEF A VOICE

Find a language for grief, loss, death and suicide

shame suicide loneliness
sadness loss death stigma grief
language experience anger

How do we talk about our grief our sadness and our pain after the death of someone we love? Sometimes its hard to find the words. Sometimes we don't have a language for what we are feeling, and we need to develop our own language, and find our own way of talking about death, dying and suicide.

At our October Serious Fun, we will be exploring the different ways of 'bringing our voice to life' and how we find our own language for grief, loss, death, suicide & other experiences in life.

Come and join 'Gertrude Goodbody' and 'Aunty Bob' and find your way of talking about how you feel after someone dies.

Please bring along one of your favourite Odd Socks. We will be using these to make puppets.

For more information or to register, please contact Support After Suicide on 1800 943 415 or email us at aftersuicide@jss.org.au

**WEDNESDAY 2ND
OCTOBER 2024
10AM - 1PM**

**St Ignatius Centre Hall
326 Church Street Richmond
(behind St Ignatius Church)**

Please note, there is a coffee morning that runs at the same time as Serious Fun for parents and carers to connect in a relaxed environment. Please let us know if you would like to attend.