

Light Beyond the Shadows

Has suicide affected someone you know?

Would you like -

- A better understanding of the complexities of suicide.
- An understanding of the grief processes when a suicide occurs.
- A confidential, safe and friendly environment to share your experiences.

Able minds will be offering the opportunity for such an experience in a group setting.

Starting Wednesday 03/05/2023 at 10am

The Able Minds community building,

28 Ashworth Street, Alexandra

For further information please contact us 03 4489303