



"Give sorrow words; the grief that does not speak whispers the o'er-fraught heart and bids it break"

William Shakespeare

etc... is a support group established for families who have been affected by the suicide of a loved one. We are a supportive group of people who come together to share our experiences and memories, and support each other on our journey.

The abbreviation etc... is typically used in a sentence to indicate that there is more to follow, and has been chosen as the group aims to help its members consider life to this point in time, and begin to look towards what follows. etc... is a safe space to explore what the loss of your loved one means for you and your family and find support if you need it.

We meet on

1st Tuesday each month

6:00 pm – 8:00 pm

(except public holidays)

at **The Salvation Army**

First Floor Program, Burelli St, Wollongong

(between Corrimal & Harbour Sts)

Grief is our normal, natural and inevitable response to an experience of loss and it can affect every part of our lives. People who have been impacted by the loss of a loved one can experience a myriad of emotions, such as emptiness, guilt, abandonment, anger, helplessness, despair, disorientation, isolation, relief, shame, shock and disbelief.

However, the death of a loved one through suicide has a particularly profound impact on the entire family. Parents, siblings, grandparents and other family members are all affected and, as every relationship is different, each family member will grieve their loss in their own unique way.

"People sometimes assume that eventually their grief will shrink to allow room for other things in life and they may worry that if they let go of their grief, they will forget or lose their connection with their loved one, or may even feel disloyal. But, what can happen is that their grief does not go away, but rather their life grows around it"

(Australian Centre for Grief and Bereavement Support)

Sharing with other people can reduce the sense of isolation and aloneness that commonly accompanies grief and, while every person has to make their own path through the grieving process, meeting people who have had similar experiences has been shown to help people cope with the immensity of their loss.

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"Without this support, I am just an island muddling around."

*Michael-age 46

"Being a member of a supportive group of peers has encouraged me to learn and grow through the time of grief and bereavement. The experience of such loss is a lonely place. However, a ray of hope shines when I share with others who encounter the same darkness and obstacles a death by suicide can bring."

*Simone-age 57

"Someone to talk to and how to manage your life without breaking down."

*Harriet-age 64

* denotes name changed

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Why a Village?

The village is a metaphor for the First Floor Program because it emphasises an aspect of community which is not present in other organisations and, in many cases, is non-existent in modern society.

Villages are important as they are inclusive and evolve to meet the needs of their population. In this way they are able to become self-sustaining communities. Villages rely on close bonds between their members and, as a result, members feel comfortable, welcome and safe in the village environment.

The groups established here aim to meet the needs of numerous individuals who have entered our village over a period of more than ten years. It is hoped that you and the other members enjoy the experience, whilst learning things about yourselves and assisting others in their personal discovery.

You are an integral part of the village we have created at the First Floor Program and our café hospitality work program.

You are a valuable part of this community and we thank you for your special gifts. The insight and kindness which you bring help to enrich the lives of the entire village community.

The First Floor Program also offers the following:

- Drug & Alcohol Counselling
- SMART Recovery
- Case Management
- Outreach Programs
- Family Conferencing
- Mentoring
- Parenting Training
- Financial Literacy
- Workshops
- Social Outings
- Professional Workplace Training (hospitality)

FOR ASSISTANCE OR MORE INFORMATION

Telephone: 4229 1079 Fax: 4227 6457



Community Programs

The Salvation Army
Wollongong Corps
Burelli St
Wollongong

etc...

Suicide bereavement facilitated
Self Help Support Group

Going on with life

**A LISTENING EAR
SIMPLY BEING THERE**
HELP WITH PRACTICAL CONCERNS