

Fast-track learning for you!

Could I Have Done More?

Bereavement after suicide

When someone dies by suicide, the grieving process can be more complex and even more difficult to resolve. People face the pain of the loss, but also conflicting emotions and questions for which there is no answer. Confusion, guilt, shame, anger, isolation and grief can be overwhelming whilst questions such as “Why?”, “*Could I have done more?*” and “*Why did I not see this coming?*” keep haunting them.

Experiential learning and theoretical input will enable you to

- Gain insight into the impact of suicide on the people ‘left behind’ and their grief process
- Discover what enables and hinders how we can support these people
- Deal with guilt, shame, blame.
- Raise your confidence in addressing and working with these issues

Wednesday 21st April
1.30 – 3.30pm - Cost: £20.00

Venue: St Nicholas Hospice Care, Bury St Edmunds, IP33 2QY

Payment by credit/debit card (by phoning 01284 715591) or by cheque (made payable to St Nicholas Hospice Care). Envelope to be marked Education Department and sent to the above address.

learning
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To book your place email rachel.brown@stnh.org.uk giving your full name, job title & employer name, address & phone number