HUGG Free Information Event – 'Finding Hope and Healing After Suicide' (https://www.activelink.ie/node/109716)

HUGG, the national suicide bereavement charity, will host a FREE information event on **Saturday 17th August**, **'Finding Hope and Healing After Suicide', from 12.30pm-2.30pm** in The Great Northern Hotel, Bundoran, Donegal, F94 YX30. **There is no need to register for this event, all are welcome**.

This event will be beneficial to anyone bereaved by suicide, whether you have experienced a bereavement in the last year or at an earlier time in your life. Also, if you are supporting someone bereaved by suicide, we encourage you to attend as you might find the information useful to share.

What to expect:

- **12:30pm** - Doors open with refreshments, and people are welcome to talk with the HUGG team and visit information tables.
- **1pm -** Guest speaker and psychotherapist, Una Holstead, will discuss the impact of suicide grief and highlight ways to cope with your loss.
- **1:45pm** - A personal story of suicide loss will be shared, focusing on what was found supportive and helpful along their grief journey.
- **2pm** - HUGG will share information on its free suicide bereavement peer support groups.
- After the speakers, you are welcome to stay for more compassionate conversations and to visit information tables to learn more about local services.
- **2:30pm** the event will finish

For more information visit www.HUGG.ie (http://www.HUGG.ie) or if you have any questions contact Arlene Hanratty, Email: arlene@hugg.ie (mailto:arlene@hugg.ie) , Phone: 086 271 4515 (tel:0862714515)

Sponsored by Connecting for Life Donegal, Sligo, and Leitrim

Region
Bundoran, Co Donegal

More Information (https://www.hugg.ie/)

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22nd Jul, 2024

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