

# Heartache and Beyond Workshop

Connecting, Supporting and Empowering family members and friends who have been impacted by suicide loss

Have you, or has someone you know, lost someone to suicide?  
Would you like to connect with others impacted by suicide bereavement?

Mental Health Families and Friends Tasmania and Primary Health Tasmania respectfully welcomes family members, friends and community members impacted by suicide bereavement to a half day support and connection workshop and lunch in nipaluna (Hobart, Tasmania).

This event is free and open to families and friends at all stages of their bereavement journey. Ages 16 + welcomed (those under the age of 18 will need to be accompanied by an adult). The event is not open to service providers.

## What can I expect?

- **Event Introduction**
- **Workshop 1: From Heartache to Hope**
- **Lunch**
- **Workshop 2: Using Insight for Impact**
- **Event Close\***

\*MHFFTas will invite attendees to work with us going forward to identify the support needs of people impacted by suicide loss. Your involvement is optional.

If you need support during the event, a support team of professionals and people with lived experience will be available to chat throughout the day.

Media will not attend this event.

Upon registering for the event, we will provide you with all the details, including the venue location. For now, please note the venue is located 20 minutes from Hobart CBD and has plenty of parking!

## Details:

**Date: 19 June 2021 from 9:15am – 2:30pm**

**Cost: Free of charge**

**To register, follow this link: <https://www.trybooking.com/BRRDO>**

**For more information or to register, please call us on 6228 7448 or email us at [admin@mhfamiliesfriendstas.org.au](mailto:admin@mhfamiliesfriendstas.org.au)**

