

# Grief Matters

## Building Family/Whānau and Rangatahi/Youth Resiliency

**Dr Chris Bowden has been invited to our community to help acknowledge the impact of suicide and help resource the community to enhance resiliency and connectedness.**

Wednesday 28 June  
**Rangatahi/Youth Hui only**

ASB Theatre 5.00–7.00pm

Provide a safe forum for youth to share their experiences/advice and what they need. (Food and drink provided so please RSVP [everylifematters@nmdhb.govt.nz](mailto:everylifematters@nmdhb.govt.nz))

Thursday 29 June  
**Supporting School Students/Ākonga**

Events Centre 4.00–5.00pm

**Self-care for Teachers/Staff/Kaiako**

Events Centre 5.00–6.00pm

**Building Family/Whānau Resiliency**

Events Centre 7.00–8.00pm

**Family/Whānau Supporting Rangatahi/Youth through Grief**

Events Centre 8.30–9.30pm

Friday 30 June  
**Community Supporting Rangatahi/youth and others After Suicide**

Events Centre 9.30–11.30am and 1.00–3.00pm

All sessions facilitated by Dr Chris Bowden – lecturer in Child and Adolescent development and mental health, suicide bereavement and trauma researcher from Victoria University.

