



Workshop for Professionals and Key Contact People Providing Support to those Bereaved Through Suicide

This 1-day programme explores the unique needs of suicide bereavement so that participants become more equipped to provide support in the safest and most effective way possible.

The workshops cover the following key topics:

- understanding the grieving process
- the context of suicide
- how to support people bereaved through suicide
- skills building and self-care.

What will I learn at this training?

The workshop has been designed to be participative and experiential. At the end of the workshop participants can expect to:

- Understand the grieving process, the context of suicide and the risk factors associated with suicide.
- Have developed their understanding of the key elements of supporting someone bereaved by suicide.
- Be able to apply the learning from this workshop to their own practice and support people bereaved by suicide.

The key to understanding someone's grief is understanding the significance in their life of the person who has died. Participants will:

- Develop a knowledge and understanding of the grieving process.
- Enhance their skills in supporting people bereaved by suicide.

Location:

Kilmore Diocesan Pastoral Centre, Cullies, Co. Cavan, H12 E5C7

Date:

Thursday 15th May 2025

Time:

9am – 5pm

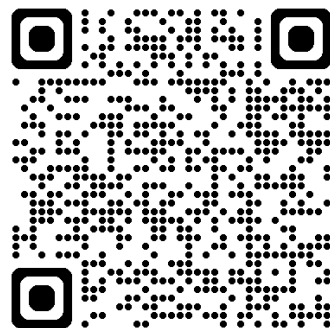
This training is suitable for anyone over the age of 18, working in a related field.

Training is free of charge

Booking is essential.

[CLICK HERE TO BOOK](#)

Use the QR code below



visit www.nosp.ie/training or
email: admin@breakingthrough.org

