

HUGG

HEALING UNTOLD GRIEF GROUPS

Seeking Young Adult Volunteers

- Have you been bereaved by suicide for 3 years or more?
- Are you 21 years old or older?
- Are you open to learning new skills around group support for suicide bereavement?

We are seeking young adults to train as a Facilitator for our Young Adults support group. Meetings take place every second Tuesday evening over Zoom.

We provide training & ongoing support.

To learn more contact us at:

 volunteer@hugg.ie  www.hugg.ie  **01 513 4048**
(monitored answering machine)

   **@HUGGIreland**



Connecting for Life

CHY No. 22421. Registered Charity No. 20204480. Company Registration No. 640420.

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HUGG is a national suicide bereavement charity and we provide a free, non-judgemental, safe and confidential space where people bereaved by suicide can share their experiences and feelings and receive and offer support to each other.

Bereavement by suicide shares characteristics with other bereavements but it is also different.

Young adults with a lived experience of suicide bereavement bring insight, wisdom and perspective offering other group members hope, healing and connection.

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