



The Hope Program for Supporters

**A program designed for family and friends supporting
a person struggling with suicidal thoughts or actions.**

The program provides a safe and confidential space
to share and learn from others.

- Connect with others sharing a similar experience
- Learn new coping skills
- Increase your own wellbeing



Monday 3 November till Monday 8 December 2025

6 consecutive weeks from 11:00am–1:00pm in Chatswood.



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Uniting

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