

# SHELTER

A SAFE SPACE FROM THE STORM OF SUICIDAL DISTRESS

We are a support group open to anyone 18 + who has struggled or is struggling with suicidal thoughts, feelings or actions.

People are welcome to speak openly about their experiences in a safe and supportive group environment.

The group is facilitated by people who have been suicidal and have found recovery.

**SHELTER GROUP WOLLONGONG  
MEETS VIA ZOOM  
FORTNIGHTLY THURSDAYS  
6.00 PM - 7.30 PM**

Download Zoom app at <https://zoom.us/download>

*For meeting dates visit*

<https://www.suicidepreventioncollaborative.org.au/whats-happening/calendar/>

Meeting link: <https://us02web.zoom.us/j/84753832283>

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