



WINGS of HOPE

Inspiring new growth after suicide loss for 10 years

WINGS of Hope
Gathering
Inspiring Hope

*Celebrating our 10th
year supporting
people bereaved
by suicide*

11am – 12.30pm

17th November

Balmoral Island,
NSW



Guest Speakers - Tara Lal & Dr. Gwenyth Francis

Dear Friends and Supporters,

WINGS of Hope's annual Gathering is taking place on the 17th November 2018 from 11am - 12.30pm. Co-hosted with the Centre for Intense Grief, please join us and be a part of [International Survivors of Suicide Day](#).

Join us at the Island Bridge, which is near the Balmoral Beach Rotunda. Allow time for parking. Metered parking is available or unmetered parking within walking distance if preferred.

Tara Lal is a full time firefighter, a certified Mental Health First Aid Instructor and author of *Standing on my Brother's Shoulders - Making Peace with Grief and Suicide*. She combines lived experience with professional knowledge and research to raise awareness and understanding of the impact of suicide on individuals and communities.

Dr. Gwenyth Francis is an experienced teacher who focuses on Psychosomatics and Human Wellbeing. She practices medicine in a holistic way, caring for the physical and mental health of individuals and families.

Dr Diana Sands, the author of [Red Chocolate Elephants: for children bereaved by suicide](#) and the Director of the [Bereaved by Suicide Centre for Intense Grief](#) will guide guests to write loved ones names onto a rock and place it under our sacred eucalyptus tree and you can cast a flower into the water as a gesture of love and remembrance.

Please contact Jodie our Project Coordinator at contact@wingsofhope.org.au if you have any queries regarding this event. RSVP is not necessary but welcomed.