

Ai no Kai [The Indigo Group] is
organized by family survivors of suicide.

We are not healthcare or psychology professionals, so
for us, counseling and care are things we cannot provide.

But what we can do is walk together.

Do you have other troubles as well as
the loss of your loved one?

Financial troubles? Difficulties with healthcare
organizations? Single parenting? Welfare aid?

We may not be able to offer direct solutions for these issues,
but we can stand by you and help you manage them.
We can also refer you to professionals to help you in these areas.

Please contact us if you think
“Ai no Kai [The Indigo Group] could help you.

Contact: Sachiko Tanaka

Tel./Fax: 022-717-5066

It's OK

It's OK to cry, right?
'Cause I lost the most important thing,
It's only natural that I should suffer
'Cause I lost the person I loved so much.
It's OK to remember, right?
'Cause I can never forget.
It's OK, it's OK.
When you say "It's OK" to me,
I feel a bit better.
Suffering, heartbroken, feeling like crying,
Everyone has "the same" feelings.
I feel a bit better when I know it.
It's OK, it's OK,
It's OK to cry, right?
It's OK to talk about it, right?
It's OK, it's OK.

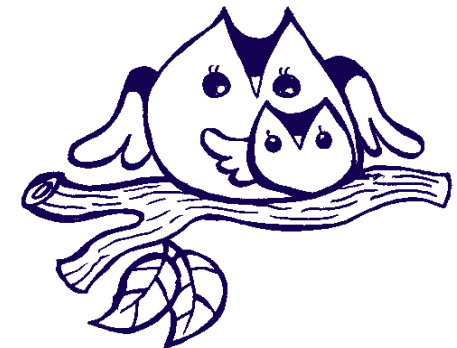
Please visit our website to see schedules and reviews of
Gathering to Share:
<http://ainokaisendai.web.fc2.com/index.html>

If you have lost a loved one to suicide

Ai no Kai [The Indigo Group]

"Gathering to Share" in Sendai City

**Ai no Kai is a group for those who have lost
a loved one or loved ones to suicide**



【Information about Gathering to Share】

You can talk about your own experiences and feelings.

By talking to each other about whatever you like, or crying or getting angry as you wish, you can voice your innermost thoughts.

Grief, sorrow, how did it get to this? Why?
Feeling heartbroken with many thoughts,
you might find it difficult to talk about your grief,
even to your family, and
so day after day you spend time alone.

This group offers the chance
for those who are in the same situation—
who have shared the same grief and sorrow—
to share their thoughts and support each other.

We share our thoughts
about the loved ones we have lost,
our current state of mind, and even small things.

Ai no Kai offers monthly
Gathering to Share meetings.

Date and Time	Usually the last Saturday or Sunday of the month, from 2 p.m. to 5 p.m. * You can come and go during the meeting if you wish.
Venue	Sendai City * Usually, in a public facility near Sendai Station
Persons eligible to participate	Those who have lost a family member or significant other to suicide
Content	Brief explanation ↓ Sharing in a small group of 4 to 5 persons ↓ (with a break as needed) Group discussion over refreshments * Lecture may follow
Fee	100 yen for refreshments
How to join	When you want to attend for the first time, please contact us and we will send you our schedule for several months ahead. Contact person: Yukiko Tanaka, Tel./Fax: 022-717-5066 * You can also see our schedule on our website

Ai no Kai is organized by family members bereaved by suicide, who also serve as facilitators of meetings.

Ai no Kai is a place to share and support each other, not to offer direct care.

We have meetings in an atmosphere where we may sometimes shed tears, but laughter can be heard too.