

In the sky after rain  
everyone is pointing at  
a rainbow of hope...  
a bridge of the heart  
linking me and you

Personal information is strictly protected along with the contents of any group share discussions.

We do not offer treatment or counseling in meetings.

We are not related to any particular organizations or groups.

We can refer you to professional organizations who understand families bereaved by suicide.

**If you have lost a loved one to suicide**

Shimane Group for Sharing  
“Rainbow”

**Self-Help Group for  
Family Survivors of Suicide**

For those who cannot join our gatherings,  
we also provide 24-hour phone consultations.

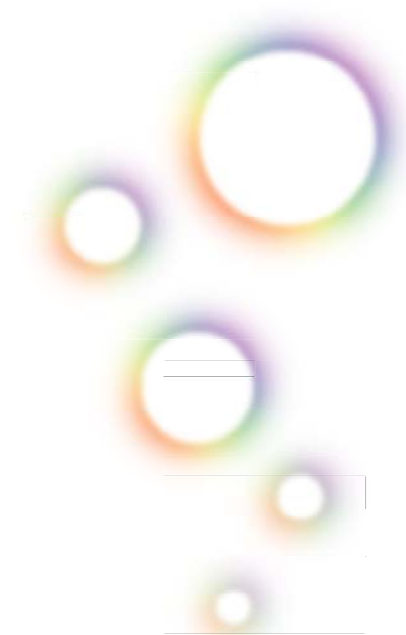
**Shimane Group for Sharing, Rainbow**

**Tel.: 090-4692-5960**

**(Contact: Shōko Kuwahara)**

**<http://renkei-gp.org/group/niji/>**

This pamphlet was created by Shimane Prefecture  
as part of its activities for  
the Urgent Reinforcement Project  
for Suicide Prevention Measures.



## Shimane Group for Sharing, “Rainbow”

The shock of losing a loved one suddenly to suicide, nothing is more agonizing.

We talk together about our grief, pain, and anger, which we are not able to share with anyone else.

We shed tears.

We listen.

The people who sit next to you were all bereaved by suicide and have the same feelings as you.

We share our thoughts comfortably.

Why don't you come and join us?

We are sure you can find new connections.

## Information about our Gatherings

- ! Venue:  
Even-numbered months:  
Matsue (Ikiiki Plaza Shimane)  
Ōta (Ōta City Hall)  
Masuda (Health Center in Iiga Building)  
Odd-numbered months:  
Izumo (Izumo City Social Welfare Center)  
Hamada (Hamada City General Welfare Center)
- ! Time: 2 p.m. to 5 p.m. at all venues
- Fee: 300 yen

The venues have no signs using the words “suicide” or anything similar.

So please feel free, and at ease, to stop by.

## Program

Today's meeting flow

Sharing thoughts and experiences in groups of 3 to 5 people

Mingling with the entire group

Please note that dates, times, and venues might change, so please check for updates by phone or on the website.

## Persons who are eligible to participate:

Limited to those who have lost a loved one to suicide

## Self-Help Group for those bereaved by suicide

This is a self-help group (a "Honnintachi no Kai" [Group of Selves]) organized by family members bereaved by suicide, which was started in Shimane Prefecture in August 2008.

Bereaved family members are responsible for organizing the monthly gatherings to share, from preparation, cleaning, and registration through to program direction.

You can meet other people who share the same experiences as you, and talk to each other about anything.

We have connections with those bereaved by suicide nationwide.