

Making sense of our support role

Connection Groups for people supporting loved ones in crisis



Roses in the Ocean is the national lived experience of suicide organisation. These Connection Groups will provide an opportunity for people supporting loved ones in crisis to connect with each other, to share experiences and understanding, led by facilitators with lived experience as suicide carers. If you have supported someone you love deal with thoughts of suicide, crisis, self-harm or suicide attempts, these groups are for you.

A schedule for connection groups of online activities for the first half of 2025.

Connection Groups (online activities)

DATE & TIME	THEME/COHORT
Thursday January 23rd (6pm – 7:30pm AEDT) https://events.humanitix.com/connection-group-23-1-25	Making sense of our support role
Thursday January 30th (7pm – 8:30pm AEDT) https://events.humanitix.com/connection-group-30-1-25	Making sense of our support role
Wednesday February 5th (7:30pm – 9pm AEDT) https://events.humanitix.com/connection-group-5-2-25	Disabled supporters
Thursday February 20th (5pm – 6:30pm AEDT) https://events.humanitix.com/connection-group-20-2-25	Supporters with personal suicide lived experience
Tuesday February 25th (6pm – 7:30pm AEDT) https://events.humanitix.com/connection-group-25-2-25	Building healthy relationships with the people we support
Friday March 7th (7pm – 8:30pm AEDT) https://events.humanitix.com/connection-group-7-3-25	Burnout & fatigue
Thursday March 20th (7:30pm – 9pm AEDT) https://events.humanitix.com/connection-group-20-3-25	Neurodiversity Celebration Week: Recognising Neurodivergent Needs
Monday March 31st (5pm – 6:30pm AEDT) https://events.humanitix.com/connection-group-31-3-25	Trans Day of Visibility: Community & Support Networks
Wednesday April 2nd (6pm – 7:30pm AEDT) https://events.humanitix.com/connection-group-2-4-25	Autism Acceptance Day: Intersections of Suicide & Autism
Friday April 11th (7pm – 8:30pm AEST) https://events.humanitix.com/connection-group-11-4-25	Self-Care
Monday April 28th (7:30pm – 9pm AEST) https://events.humanitix.com/connection-group-28-4-25	Young supporters (under 30)
Tuesday May 6th (5pm – 6:30pm AEST) https://events.humanitix.com/connection-group-6-5-25	Eating Disorders & Suicide
Thursday May 15th (6pm – 7:30pm AEST) https://events.humanitix.com/connection-group-15-5-25	Loneliness and connection
Friday May 23rd (7pm – 8:30pm AEST) https://events.humanitix.com/connection-group-23-5-25	Accidental supporters – navigating new support dynamics
Tuesday June 10th (7:30pm – 9pm AEST) https://events.humanitix.com/connection-group-10-6-25	LGBTQIA+ Pride Month: Pride as LGBTQIA+ Supporters
Thursday June 19th (5pm – 6:30pm AEST) https://events.humanitix.com/connection-group-19-6-25	LGBTQIA+ Pride Month: Intersection of Suicide for LGBTQIA+ People
Monday June 23rd (6pm – 7:30pm AEST) https://events.humanitix.com/connection-group-23-6-25	Managing life commitments and our support role

Connection Group Details

Location: Online via Zoom. Link sent to attendees on the day of the group.

Accessibility

The connection groups run for 1.5 hours, including a short break in the middle.

Automatic captions will be available throughout the groups.

Attendees will be asked to share any accessibility requests in the sign up for this event.

If you would like to discuss your accessibility requests, or have any questions about what to expect in these groups, please contact us using the below details.

Contact Details

Email: is.hay@rosesintheocean.com.au

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