

Meeting place

Solace meets once a month at The Community of Saint Luke, 130 Remuera Road, Remuera, Auckland.

Meeting times vary, so you are best to contact Committee members listed below for the time of the next meeting.

Contact Solace

You can contact Solace Support Group at any stage. We are happy to talk with you on the phone or correspond via email.

Contact people are:

Mark Wilson

Phone (09) 845 3350

email solacesupport@paradise.net.nz

Kay and Allan Aitken

Phone (09) 832 4571

For written correspondence, write to:

Solace Support Group

33 Kemp Road

Massey, Auckland

Meetings held at:

The Community of Saint Luke

130 Remuera Road

Remuera, Auckland

Supported by



Auckland City

Solace Support Group

Group support offered to those who have experienced the traumatic loss of a loved one to suicide



About Solace

Solace Support Group, based in Auckland city, was formed in 2002 by a group of individuals who had lost loved ones to suicide. They believed that sharing their experience and listening to others would help them through their grief journey.

Members of the group include people who have lost parents, spouses, partners, siblings, children and friends, and are from a wide variety of ages.

What we do

Solace holds monthly meetings to which everyone is invited. Solace also produces a monthly newsletter that includes information on coping with loss; expert commentary on living through your grief; as well as member-contributed writings. Learning about the impact of grief and loss can be important in your recovery.

There is an annual candle lighting ceremony held before Christmas to remember loved ones. Check your local newspaper or media in early November for details of venue and dates.

There is no fee to attend a Solace meeting but a gold coin donation is welcomed to help cover costs.

Solace is a support group rather than a counselling service. Individuals attend the group, held within a confidential setting, to share their stories and provide support to each other.

Our philosophy is to share common experiences in a group environment. Group members are at different stages in their grief journey and are able to offer encouragement and empathetic support to others.