

SURVIVORS OF SUICIDE MONTHLY SUPPORT GROUP



For Those Who Have Lost a Friend or Family Member By Suicide

This group is for anyone who is coping with grief after the loss of a loved one or friend who died by suicide.

Details

Who: After phone consultation, drop-ins welcome

When: The 2nd & 4th Wednesday of each month

Time: 7:00 PM – 9:00 PM

Where: Gryphon Place

3245 S. 8th Street Kalamazoo, MI

Duration: Twice a month

Those interested in attending for the first time should call (269) 381- HELP and leave a message for Kristen Smith

A member of our staff will speak with you to assess your needs and answer any questions you may have

What to expect:

- An open forum discussion related to loss
- An understanding, supportive and confidential environment
- Information and resources for recovery
- Emotional support

Goals of the support group:

- To discuss thoughts or feelings after a suicide
- To talk about healthy ways to cope with feelings
- To discuss and share healthy ways to move forward
- To connect with others in the community who have lost loved ones to suicide

Who this group is intended for:

- Anyone impacted by the loss of a loved one to suicide
- **Phone consultation required before first meeting**

The Survivors of Suicide
Support Group is a service of



3245 South 8th Street
Kalamazoo, MI 49009
(269) 381-1510 Administration

www.gryphon.org