

Support Group for Suicide Loss Survivors

When the veil of secrecy is lifted, the healing begins. . .

Our meetings are offered to anyone who has lost a loved one to suicide. Survivors can be family, friends, co-workers, and so on. Meetings are run as peer support groups and facilitated by trained facilitators. Meetings offer an opportunity for participants to focus on and express their thoughts, feelings, challenges and difficulties in coping with the loss. The atmosphere is supportive, non-judgmental and confidential.

There is no time table for grief. Listening to the encouraging words from other suicide loss survivors who share their stories gives hope. Grief work and time will allow survivors to move beyond just survival. While the stories of survivors may differ, the aftermath that suicide survivors experience shares a common thread.

Join us for an evening of support and information

Date: 2nd and 4th Monday of every month

Time: 8:00pm - 9:00pm

Location:

VIRTUAL – ON ZOOM

Cost: Free

Call Shikha at (908) 601-3225 if you have any questions and for the link to join the virtual meeting.



South Asian Mental Health Initiative and Network (SAMHIN) is non-profit organization
www.samhin.org