

Who?

Survivors of Suicide

is open to all those who have experienced the death of a loved one by suicide, recently or long ago. By attending this group, participants will have the opportunity to meet, talk, and support/be supported by others who can relate to similar experiences.

When?

Survivors of Suicide

meets the 2nd & 4th Tuesday of every month. The Support Group is held from 7:00-8:30 pm. However, safety is our number one priority. A Licensed Mental Help Therapist will be available for private consultation when needed.

For More Information
**The Greater Reading
Mental Health Alliance**

1234 Penn Avenue
Wyomissing, PA 19610
Phone: 610-775-3000
Fax: 610-775-4000
info@grmha.org
www.grmha.org

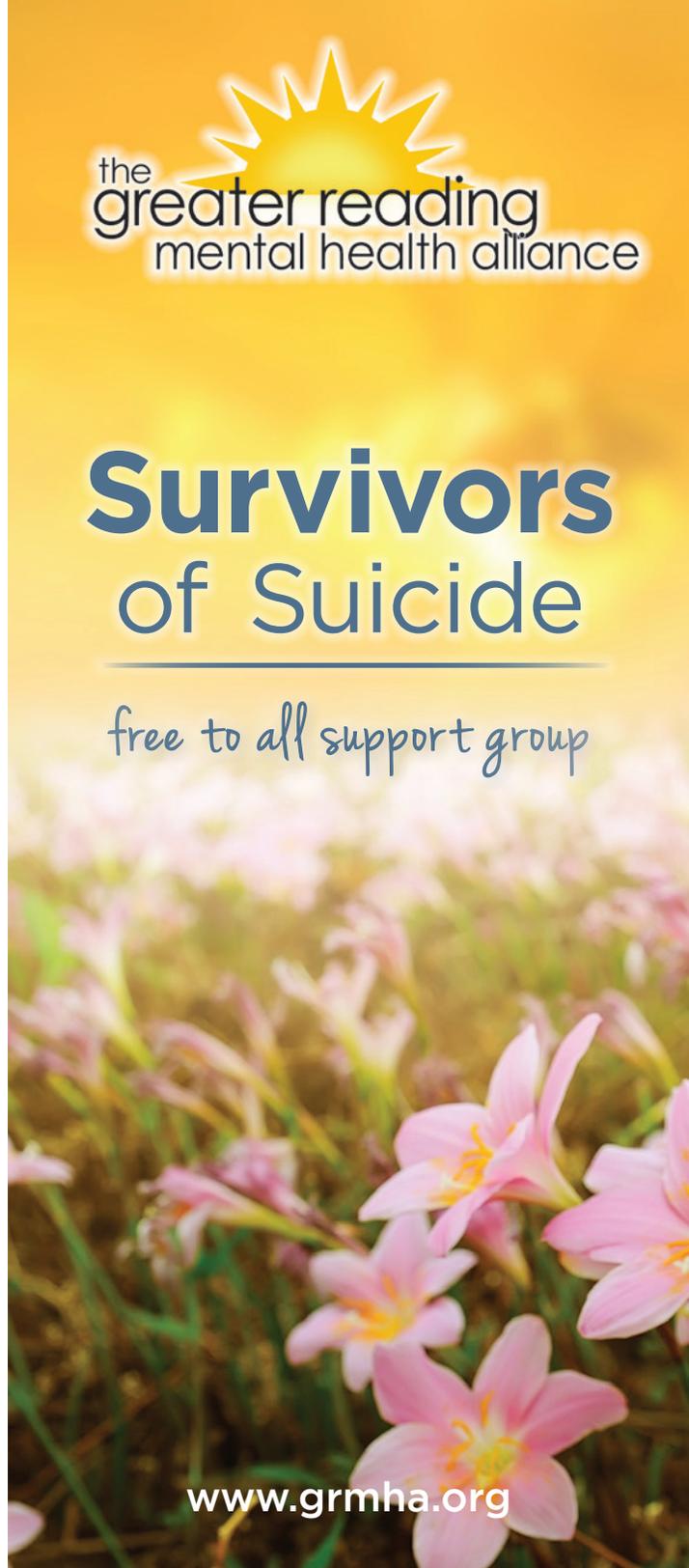
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Survivors of Suicide

free to all support group



www.grmha.org

About

Survivors of Suicide

Survivors of Suicide is open to all those who have experienced the death of a loved one by suicide either recently or long ago, including those who have had a family member, friend, classmate, co-worker, or neighbor die by suicide. Children are welcome.

Grief

A Necessary Process

Often survivors do not know anyone very well who has had a loved one die by suicide. Some survivors have a desire to talk to other survivors who have lived through a death by suicide. Many survivors need more understanding, more hope, more knowledge, or more comfort that other people around them are able to provide.

Grief is a necessary process that forces a person to adjust to changed circumstances. Grief hurts desperately. It is important to lean into the pain although most wish to avoid it. Your life has been seriously wounded by suicide. Nothing can change the fact. You have your own timetable for coming out of your extended grief. When you are ready, you can choose to live. It is comforting to know that many survivors recover to lead healthy, energetic lives.



Part of the healing process is sharing with people who care.

- J. CANTRELL

610-775-3000

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