

OUR MISSION STATEMENT:

S.A.S. is devoted to those who are grieving the loss of a loved one to suicide.

Sometimes in life, events occur that crumble the very foundation on which we stand. Our life, as we have known it, seems forever changed and we find ourselves in an unexpected struggle, first just to survive, and then to move forward.

This S.A.S. group provides support for people coping with the shock and excruciating grief that accompany the loss of a loved one to suicide. It allows survivors who are further along in their healing journey to companion with those who are just beginning their healing journey.

We hope that you will find resources here to help you cope with, and eventually heal from, what may well be the worst pain you will ever feel.

We try to create an environment that recognizes and respects the courage and resilience of suicide survivors at all stages of their personal journeys.

SURVIVORS AFTER SUICIDE LOSS SUPPORT GROUP



Pain Is
Real.
But So
Is Hope.

prevent suicide
FOX CITIES
PARTNERS SAVING LIVES IN WISCONSIN

Prevent Suicide Fox Cities
211 E. Franklin Street, Suite F
Appleton, WI 54911

For more information, contact:
Jeanette Potts, 920-209-9040,
jmpotts@preventsuicidefoxcities.org

www.preventsuicidefoxcities.org

SURVIVORS AFTER SUICIDE LOSS SUPPORT GROUP



*We Companion with you
on your grief journey.*

A support group for
families and friends
who have lost a
loved one to suicide

www.preventsuicidefoxcities.org

Since the loss of your loved one to suicide, have you felt...

*Isolation? Depression? Anger?
Sadness? Shame? Guilt?
Rejection? Hopeless?*

All of us have experienced some or all of these feelings following the suicide of a loved one.

**Survivors After Suicide
Loss support group – S.A.S.
we've found...**

Companionship

Support

Comfort

Understanding

Strength

Relief

Kindness

Hope



The Goals of S.A.S. are to:

- Provide a place to share and express feelings.
- Create a safe environment for survivors who can't talk to others about suicide loss.
- Promote the grief process and help with the difficult feelings arising from suicide.
- Serve as a possible deterrent by informing others of the effect suicide has on survivors.
- Continue relationships with loved ones in a new way.



Come join us:

General Support Group Meeting:
The 3rd Thursday of each month

Sibling Support Group Meeting:
The 2nd Wednesday of each month

Groups run from 6:00 to 8:00 p.m. at
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*Books and pamphlets
that can be checked out
from our library.*

Book Title/Author

After a Suicide: An Activity Book for Grieving Kids by The Dougy Center

But I didn't Say Goodbye by Barbara Rubel

Dying to be Free: A Healing Guide for Families by Beverly Corban

Feeling Good, the New Mood Therapy by David Burns

Finding Peace without all the Pieces by Lerita Atchabold

How to be a Friend to a Survivor of Suicide: Ask Me... by Nan Zastrow

I Know this Much is True by Wally Lamb

My Friend, I Care – The Grief Experience by Barbara Karnes, RN (Pamphlet)

My Son, My Son by Iris Boltzen

No Time to Say Goodbye by Carla Fine

Opening the Door of your Heart by Ajahn Brahm

Silent Grief: Living in the Wake of Suicide by Christopher Lukes

Suicide Survivors: A Guide for Those Left Behind by Adina Wroblewski

That's all I got! Thrival: A Widow's Journey after Suicide by Karen Voss

Understanding Depression by Patricia Ainsworth

When a Friend Dies: A Book for Teens by Marilyn E. Goodman

When Someone you Love Completes Suicide by Sondra Sexton-Jones

Why People Die by Suicide by Thomas Joiner

You are not Alone: Teens Talk about Life after the Loss of a Parent by Lynne Hughes

Real Men do Cry by Eric Hipple

Tarah's Song – Words of Survival by Tarah Hipple