

SUICIDE BEREAVEMENT SUPPORT GROUPS

Losing loved ones to suicide is a very complex journey;
common symptoms of grief are:

- > unfamiliar behaviors, emotions, thoughts
- > feeling alone and disconnected from others
- > feeling like being on a rollercoaster blindfolded

* It is ***incredibly healing*** to share feelings, experiences in a grief support group and learn coping strategies from others who have dealt with similar situations.

All suicide loss survivors are invited to join our community to heal, move forward with their unique grief.

September 15, 2022

October 20, 2022

November 17, 2022

Time: 6:00 - 7:45pm

Bridgewater Library | Meeting Room C
1 Vogt Drive, Bridgewater NJ 08807



The João José 'John' Santos
Charitable Organization

From STIGMA to EDUCATION
*'Bringing depression and suicide
prevention into the spotlight'*
www.johnsantoscharitableorganization.org

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