

SUPPORT GROUP DETAILS:

Our 8 week Suicide Survivor Support Group focuses on the complex grief associated with a trauma such as suicide.

There will be a follow up Session one month after the final week. Groups are co-facilitated by at least 1 peer survivor and a specially trained professional.

The following topics will be discussed:

- ◆ *Sharing our stories*
- ◆ *Grief and Depression*
- ◆ *Guilt and Regret*
- ◆ *Anger*
- ◆ *Impact of Loss / Change, Anniversaries & Holidays*
- ◆ *Building a Support Network*
- ◆ *Interpersonal Relationships*
- ◆ *Wrap up / Personal Growth and Future*

Groups are offered free of charge and held several times per year at our Resource Centre located at 306 Brock St. N. in Whitby.

For upcoming dates please contact (905) 430 - 3511 or visit our website www.distresscentredurham.com



24 Hour Helplines:

**1-800-452-0688
905-430-2522**

DISTRESS CENTRE DURHAM

STATEMENT OF PURPOSE:

Distress Centre Durham helps people in distress to cope, by providing emotional support, crisis / suicide management and community education.

Distress Centre Durham is a not for profit charitable organization that is funded by -



**The United Way
of Durham Region**

with support from:



**DISTRESS CENTRE DURHAM
RESOURCE CENTRE**

306 Brock St. N Whitby, ON L1N 4H7

#108079807RR0001

Phone: (905) - 430 - 3511

Fax: (905) - 430 - 1381

E-mail: dcd@distresscentredurham.com

Visit our website:

www.distresscentredurham.com

A Registered Charity #108079807RR0001



SUICIDE SURVIVOR SUPPORT GROUP

*"We are each of us angels
with only one wing,
We can only fly by
embracing one another."*



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COURAGE . . .

"Courage is not freedom from fear, but being afraid and going on . . ."



"Some people come into our lives and quickly go.

Some people move our souls to dance.

They awaken us to understanding with the passing whisper of their wisdom.

Some people make the sky more beautiful to gaze upon.

They stay in our lives for a while, leave footprints on our hearts, and we are never, ever the same."



Courage doesn't always roar. Sometimes courage is a quiet voice at the end of the day saying,

"I will try again tomorrow."

BEING A SURVIVOR . . .

- ◆ Means you have lost someone special to suicide
- ◆ Is experiencing a form of grief that is complex and unique, as it is associated with trauma and unlike other forms of grief
- ◆ Does **not** mean you are alone in your suffering anymore . . .

If you are a suicide survivor, don't travel this painful road alone. Join us on our journey of grief and recovery.

Come and share your grief, your memories, your fears and even a few tears as together, we learn how to cope with life as we now know it . . . without our loved ones.

To be eligible for this free program:

- ✓ You must be 18 or older
- ✓ The loss must have been at least 6 months prior to start of group
- ✓ You must pre-register by contacting Distress Centre Durham at: (905) 430 - 3511

MEMORIES . . .

"When someone comes into our lives . . .

and they are too quickly gone, they leave footprints on our hearts . . .

and their memory stays with us forever."



"Memories are the most beautiful pictures our minds can paint, and nothing can ever erase them. "



"Each time we embrace a memory, we meet again with those we love . . . for the heart never forgets."

