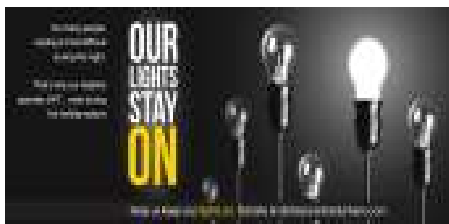


HOW YOU CAN HELP!

Support "Our Lights Stay On" campaign:



For every \$50 donation made you can support our overnight helpline program so that we can continue to provide emotional support and crisis intervention to those in need of support during the overnight hours. You will be recognized on our website, facebook, and twitter postings as "sponsoring the overnight" of any day you choose. Visit www.distresscentredurham.com for more information and to donate online. Thank You!

**DISTRESS CENTRE DURHAM
RESOURCE CENTRE
& ADMINISTRATION OFFICE:**

306 Brock St. N

Phone: (905) - 430 - 3511

Fax: (905) - 430 - 1381

E-mail: dcd@distresscentredurham.com

Visit our website:

www.distresscentredurham.com

STATEMENT OF PURPOSE:

*Distress Centre Durham
helps people cope*

Distress Centre Durham is a not for profit charitable organization that is funded primarily through—



View our Survivor Support video here



SUICIDE SURVIVOR SUPPORT SERVICES

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



905 430 - 3511

24 Hour Helplines:

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



IMMEDIATE SUPPORT: SURVIVOR CALL-OUT PROGRAM

Immediately following a suicide loss (days or weeks after) a survivor may feel the need to reach out for support from a peer who has had a similar loss - another survivor . . .

Suicide Survivor Call—Out Program Details:

A survivor registers for the program by undergoing a detailed intake process

Call—Outs are offered on a mutually agreed upon schedule for 50 min. once or twice a week, depending on need.

Survivors in the Call—Out program will receive a phone call from a specially trained peer survivor who will listen and offer support

To be eligible for our free programs:

- ✓ You must be 18 or older
- ✓ You must pre—register
- ✓ The loss must have been at least 6 months prior to start of group (**Required for group only**)

For more info or to register for the Survivor Call—Out program, please contact Megan Evans at (905) 430 – 3511 or megan@distresscentredurham.com

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. Register for our Call—Out program or come and share your feelings as we learn to cope.

SUICIDE SURVIVOR: “DROP IN” GROUP

On the first Thursday of each month (*July and August are tentative*) we host a “drop in” support group. You are **not** required to pre register or have any minimum loss period to attend—we simply offer the opportunity to provide support and information in a group setting to all suicide survivors, 18 years and older. Group runs from 7:00pm –8:30pm at our Resource Centre. 306 Brock St. N., Whitby.

**If you ever feel like you cannot cope . . .
Call our 24 hour telephone helpline for HELP!**

SUICIDE SURVIVOR: SUPPORT GROUP

Our 8 week Suicide Survivor Support Group focuses on the complex grief associated with suicide loss. Groups are co—facilitated by at least 1 peer survivor and a specially trained professional staff.

The group is available to those 18+ who have had at least a 6 month loss period prior to group start.

The following topics will be discussed:

- ◆ *Welcome and Grieving Process*
- ◆ *Sharing our stories*
- ◆ *Guilt and Regret*
- ◆ *Anger and Blame*
- ◆ *Relationships and Support Networks*
- ◆ *Coping Strategies and Self Care*
- ◆ *Crisis Plan and Future Supports*
- ◆ *What Comes Next?*

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

For upcoming dates please contact: (905) 430 - 3511 Megan Evans or megan@distresscentredurham.com

Visit our website www.distresscentredurham.com

24 Telephone Helplines:

1 800 452—0688 or (905) 430—2522