

Grief Support Class

FOR GRIEVING SURVIVORS OF A LOSS TO SUICIDE:

AN 8-WEEK CURRICULUM BASED GRIEF CLASS DESIGNED TO HELP THE GRIEVER MANAGE HIS/HER GRIEF.



A collaboration of on and off base community helping agencies. Bringing hope and comfort to those around us.

Weekly meetings on
Tuesday evenings
Feb 11 - Apr 1, 2014
6:00 - 7:30 p.m.
WSU Davis, D2, Rm 303

For more information
and registration,
please call
Caring Connections
801-585-9522
or
Livastride
801-475-4002

Learning to adjust to the death of a loved one

The death of a loved one by suicide is a powerful and emotional experience. It can shatter life as we used to know it. Grief is a normal reaction to loss, and an essential part of dealing with loss, especially loss in death. Grief is universal: every person will experience it at some time, and also unique-every person will experience grief in his or her own way. Three elements that seem to assist in recovering from the devastating effects of the death of a loved one are:

- gathering relevant information
- talking to others about your loss
- listening to others with similar experiences

Our bereavement support classes are led by caring professionals. If you have experienced the suicide death of someone close to you, you are invited to join an upcoming grief support class, facilitated by caring professionals experienced in the area of managing grief.



Kathie Supiano, LCSW,
Director of Caring Connections
A Hope & Comfort in Grief Program

When I speak, I speak from my heart. When you speak, I listen

Through generous donations from Livastride Foundation and Lindquist Mortuary, we are able to offer this program and materials at no cost.

We extend a special invitation to military veterans and their families.

