

# GOOD GRIEF

## SUICIDE LOSS SUPPORT GROUP



### Picking Up The Pieces

The Good Grief Suicide Loss Support Group is a peer-to-peer support group that serves the needs of people suffering the loss of a loved one by suicide. Meetings are attended by both recent and long-time survivors, all of whom benefit from the opportunity to discuss their feelings with others who understand what they are going through.

The Good Grief Suicide Loss Support Group volunteers are dedicated to providing information and support to assist in the grieving and healing process. Many people experience feelings of shock, shame, disbelief, guilt, anger, frustration, emptiness, depression, loneliness, and/or intense emotional pain. It is through open discussions about our feelings that we begin to have a better awareness of what is going on inside us.

#### Facilitators:

*Rhonda Marglon  
Linda Henrich*

#### Meeting Dates:

*1st and 3rd Monday  
Every Month*

#### Meeting Times:

*7:00 pm – 9:00 pm*

#### Meeting Place:

*Hill Country C.A.R.E. Center  
1401 Gold Street  
Redding, CA 96001*

#### Phone:

*(530) 691-4446  
ext 214*

The Good Grief Suicide Loss Support Group is for suicide loss survivors and is free and confidential.

Email: [GoodGriefRedding@yahoo.com](mailto:GoodGriefRedding@yahoo.com)  
Website: [LittleStepsOfHope.com/Good-Grief](http://LittleStepsOfHope.com/Good-Grief)  
Facebook: [GoodGriefSupportGroup](https://www.facebook.com/GoodGriefSupportGroup)

