

GOOD GRIEF

SUICIDE LOSS SUPPORT GROUP

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.

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

Email: GoodGriefRedding@yahoo.com

Website: LittleStepsOfHope.com/Good-Grief

Facebook: [GoodGriefSupportGroup](https://www.facebook.com/GoodGriefSupportGroup)

Facilitators:

Rhonda Marglon
(530) 921-2018

Linda Henrich
(530) 524-9089

Meeting Dates:

1st and 3rd Monday
Every Month
(Except On Holidays)

Meeting Times:

7:00 pm – 8:30 pm

Meeting Place:

Starbucks
2400 S Bonneyview Rd
Redding, CA 96001

