

GOOD GRIEF

SUICIDE LOSS SUPPORT GROUP

Meet Facilitator – Linda Henrich



As an RN certified in emergency nursing and specializing in trauma response, I was confident I had all the tools necessary to identify those who may be at risk for suicide. That confidence was shattered on January 22, 2009, when I learned my 16-year-old step son had completed suicide. My training provided me with the ability to focus on necessary tasks and ignore the emotions which were trying to engulf me. My focus became my husband and providing the compassion and care he needed to move through each moment of each day.

It wasn't until much later that I became aware of the fact that not only had I lost a loved one to suicide, but I had also lost the amazing man I had married. He would never be that open, loving, supportive man he once was. He would be forever guarded, not wanting to ever feel the extensive crush of grief again. I also learned how difficult it was for me to openly grieve the losses I experienced through suicide. I felt guilt, guilt because I was thankful I hadn't lost "my" child, guilt because I failed to see the signs of trouble, guilt because of the nagging question "did I fail in my role as a step parent to provide enough love, support, and compassion?"

My husband and I reached out for help in learning to live with grief related to the loss of a child. It was soon very clear that most people, even grief counselors, are uncomfortable when it comes to losses related to suicide and there are very few who can truly understand the complicated grief that follows a suicidal death. As a volunteer with the American Foundation for Suicide Prevention, my hope is to provide support to families who have experienced a similar loss to mine. There is absolutely no way to lessen the grief, however, providing support can assist others in this journey.

If you've lost a loved one to suicide... You are not alone! It doesn't matter if your loss is recent, or years ago, the Good Grief Suicide Loss Support Group can help you feel less isolated and alone; provide reassurance that living a new normal is possible; offer validation that grieving is expected and acceptable; provide an opportunity to talk openly with others who truly understand; and create a chance to learn from each other.

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

Facilitators:
Linda Henrich
(530) 524-9089

Rhonda Marglon
(530) 921-2018

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

Website:
LittleStepsOfHope.com

Email:
GoodGriefRedding@yahoo.com

Facebook:
GoodGriefSupportGroup