

GOOD GRIEF

SUICIDE LOSS SUPPORT GROUP

Meet Facilitator - Rhonda Marglon



Hello. My name is Rhonda. My 26 year old daughter Melissa lost her battle with bipolar disorder on Sunday, December 28, 2008 when she completed suicide. A very painful and unwanted journey to live my life without my only daughter began that day, but I wasn't alone. Melissa's 5-year-old son Blake lost his mother, her two brothers lost their only sister, and her father lost his only daughter. In an instant, many family members and friends were forced to live through something we could never be prepared for, and our lives were forever changed.

Melissa's death from bipolar illness shattered my views on my ability to gauge the moods and well-being of my children, my family, and my friends. One moment I believed I was coping well and then my unanswered phone call and/or text message to a friend or family member made me feel anxious, and I'd panic. Losing my daughter created a new type of anxiety and a fear that I was going to lose another loved one. It was clear that Blake was feeling the same way, because he'd cry and ask me not to die when I dropped him off at school each morning.

Melissa was a single mother, so I took on the responsibility of raising her son Blake after she died. Blake is now 15 years old, and each day following Melissa's death brought us new challenges, new surprises, and new moments of clarity and joy. There are no words to describe the day-to-day pain that we've had to endure, and my heart hurts for anyone who mourns the loss of a loved one to suicide. I know the intense pain of losing a child, and that is why I chose to become a suicide loss peer facilitator. Blake and I took "Little Steps Of Hope" each and every day, and we now work together as mental health advocates in our community.

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:
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

Website:
LittleStepsOfHope.com

Email:
GoodGriefRedding@yahoo.com

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