

COPING WITH SUICIDE LOSS

(a 6-week support series)

Wednesdays, March 13 - April 17, 2019
6:30-8:30 p.m.

Pathways Center for Grief & Loss
4075 Old Harrisburg Pike, Mount Joy

This free support series is for any adult (age 18 or older) in the community who is grieving a death from suicide that occurred at least four months ago. The group provides a safe place to share your questions and painful experiences with others who will understand, and offers the healing support that is found when others have had a similar experience.

Topics include:

- The impact of grief
- Understanding psychiatric illness
- The mourning process
- Self-care
- How grieving a suicide loss is different
- Ways to express your grief
- Beginning with loss, ending with life

Space is limited; registration required.
If interested, call (717) 391-2413 or
(800) 924-7610 by March 6 to discuss
with a Bereavement Counselor.

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