

***Support group meetings
held:***

Stamp

• **GRAND RAPIDS**

second Thursday/each month
7:00–8:30 p.m.

Sept - May

Park Congregational Church
10 E. Park Place N.E.
downtown, off Fulton St.
use Ransom St. entrance

June, July & August

St. Mark's Episcopal Church,
134 N. Division Ave., N.

• **MUSKEGON**

Second Tuesday/each month
6:30 – 8:00 p.m.
Calvary Church
5873 Kendra Rd., Fruitport
Airline Rd., to Farr Rd, W. and
follow signs.
Room C-104

(231) 724-6639 for information

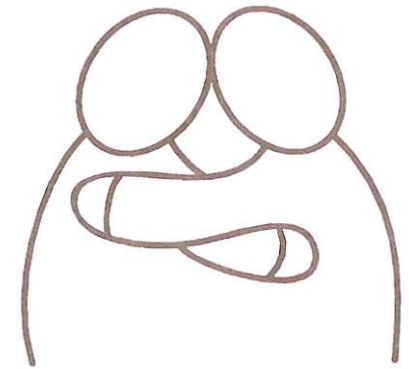
• **HOLLAND**

first Thursday/each month
6:30–8:00 p.m.
Hospice House
445 104th Ave. at Mason Ave.

West Michigan
Survivors of Suicide
233 Carrier NE
Grand Rapids, MI 49505

**West Michigan
Survivors of Suicide**

SOS



“Death ends a life, but it does not end a relationship, which struggles on in the survivor’s mind towards some resolution which it never finds.”

From: *I Never Sang for My Father*

A Support Group

A 501(c)(3) Michigan Organization

Visit our Website:

www.angelfire.com/mi2/westmisos

*Since the suicide,
have you felt...*

Guilt? Rejection? Shame?

Anger? Depression?

Isolation?

Desperation? Exclusion?

All of us have experienced
some or all of these feelings
following the suicide of
a loved one.

But with SOS, we've found...

- Comfort
- Understanding
- Support
- Relief
- Strength

The Goals of SOS are to...

- Provide a place to share and vent feelings.
- Create a safe environment for many who can't talk to others about suicide.
- Promote the normal grief process and help with the special feelings arising from suicide.
- Serve as a possible deterrent by informing others of the effect suicide has on the survivors.
- Inform others of the special needs of survivors.

Share with us...
...and let us share with you.

Each journey begins with the first step.

For More Information, Call

First Call For Help
211 or 616.459.2255
1.800.887.1107
(if out of area)

Life Guidance Services
616.954.1991

Muskegon County
(231) 724-6639

Grand Haven
616.842.4357 (HELP)

Hospice of
N. Ottawa Community
616.846.2015
Press 3 for
Bereavement Dept.

Holland
616.396.4357 (HELP) or
Hospice of Holland
Bereavement Department
616.396.2972

Have questions or need a ride?
Call WMSOS
Jim Sailors at 616.285.5585
or 616.957.3466