Have you experienced...

- Shock
- Denial
- Relief
- Depression
- Anger
- Preoccupation
- and, hopefully, Acceptance

There are many variants and additional responses which the surviving victim may experience; some are the “bad” or “wrong”. It is a violent, very personal loss which affects each survivor differently and, most likely, has the effect of causing a lasting change in the survivor’s life.

Visit us online at:
WWW.LOVINGOUTREACH.ORG

Meetings are held at Silver Spire United Church
366 St. Paul Street, St. Catharines

Loving Outreach

Founders:
Lucienne and Walt Chemerika

A special thank you to the Bereavement Resource Council of Niagara and to the Bingo Committee of the St. Catharines Fire Fighters Association.

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Loving Outreach

A support group for people who are living with loss of a loved one through suicide.
Loving Outreach Survivors

Who are we?
Each member of our support group has suffered a major loss through the suicide of a loved one at some time in his or her life. It may have been a mother or father, brother, sister, child, friend, lover or any significant other in our lives.

How do we operate?
We find that through sharing experiences and feelings with other members of the group who have “been there”, many seemingly unresolvable issues are ameliorated or, at least, brought to the surface. We talk, share, encourage and relate experiences. We are a safe place to vent strong feelings in a supportive environment.

What happens?
You will find relief from your isolation. There is a great healing and comfort in empathy. You will find people like yourself... Nice people from families, who have experienced the magnitude of this heartbreak. These people understand your despair, anger and guilt. They understand the judgement, loss of self-esteem and the religious connotations you may have experiences.

When should/can you join us?
Many seek us out early in their grief process. We encourage you to join us at any time, but don’t be surprised if you find it all a bit upsetting at first. Some of us had losses many years ago and we are coming to resolve issues. We are here when you are ready for us and for as long as you need us.

What we can do and what we can’t do
We cannot change what has happened. We try not to offer “advice”; we share our own experiences. We can share the same name of those professionals who seem to be good at dealing with the special issue of suicide grief. We can share tears and laughter. We can encourage and listen. We can share.

Why do we exist?
Some of us found that we needed to share our grief with others who understood. Some of us wanted to learn more and understand the incomprehensible. All of us knew that our lives had been permanently affected by the tragedy of suicide and that we wanted to put our lives back together. And we sought each other out. Join us. We feel we have something very special!

Where are we?
We currently meet at:
Silver Spire United Church
(The Hearth Room)
366 St. Paul Street
St. Catharines
The 2nd Monday of each month at 7:30 p.m.
(excluding Stat Holidays & the months of June, July & August)

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