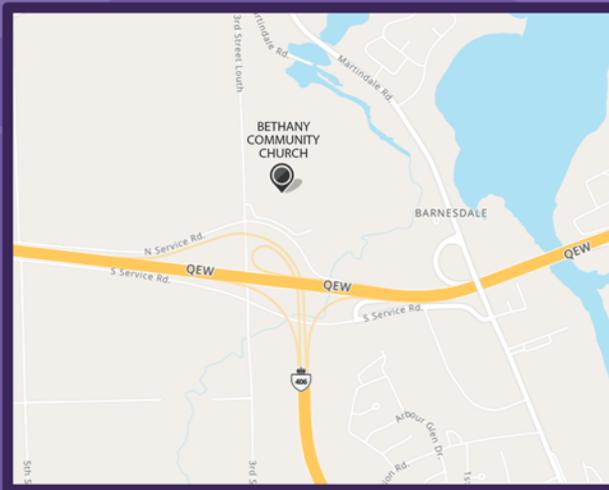


# HAVE YOU EXPERIENCED...

**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](http://WWW.LOVINGOUTREACH.ORG)



**MEETINGS ARE HELD AT:**  
**Bethany Community Church**  
**1388 Third Street**  
**St. Catharines**  
**Room #117**



**LOVING  
OUTREACH  
FOUNDERS:**  
**Lucienne and Walt  
Chemerika**  
Nonprofit Organization



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

**HOPE AWARD**

Pathstone Health Foundation 2017

*GRIEF*  
*unfinished business*  
*Loss...*  
*Betrayal*  
*Shock!*

[WWW.LOVINGOUTREACH.ORG](http://WWW.LOVINGOUTREACH.ORG)

# 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.

They understand your "if's", "why's", and your search for answers. They understand, they accept your support... They, too have been there.

## 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:

**Bethany Community Church**  
**1388 Third Street**  
**St. Catharines**  
**Room #117**

The 2nd Monday of each month  
at 7:00 p.m.  
(excluding Stat Holidays  
& the months of June, July & August)

## CONTACT US

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