



# S.O.S.

## Survivors of Suicide Support Group

Beacon of Light for Those Left Behind by the Tragedy of Suicide

S.O.S. is a group for anyone who has lost a loved one or friend from suicide and would like to meet with others to grieve and begin the healing process. We meet on the 2<sup>nd</sup> and 4<sup>th</sup> (unless it falls on a holiday) Monday of the month from 6:00 to 7:30 pm at Mandeville First Baptist Church, 1895 Hwy. 190, Mandeville, 70448. If you have questions, contact us at 985-237-5506.

JAN 8, 2024  
JAN 22, 2024

MAY 13, 2024  
MAY 27, 2024

SEP 9, 2024  
SEP 23, 2024

FEB 12, 2024  
FEB 26, 2024

JUN 10, 2024  
JUN 24, 2024

OCT 14, 2024  
OCT 28, 2024

MAR 11, 2024  
MAR 25, 2024

JUL 8, 2024  
JUL 22, 2024

NOV 11, 2024  
NOV 25, 2024

APR 8, 2024  
APR 22, 2024

AUG 12, 2024  
AUG 26, 2024

DEC 9, 2024  
DEC 23, 2024

***GRIEF IS A NATURAL AND NORMAL REACTION TO LOSS.  
YOU NEED TO GO THROUGH IT TO HEAL.***

**EVERY GRIEF HAS THREE NEEDS:**

1. TO FIND THE WORDS FOR THE LOSS.
2. TO SAY THE WORDS OUT LOUD.
3. TO KNOW THAT YOUR WORDS HAVE BEEN HEARD.

***SUPPORT GROUPS PROVIDE A SAFE PLACE FOR THOSE GRIEVING TO MEET ALL THREE  
NEEDS.***