

Good Grief!



SUICIDE LOSS SUPPORT GROUP

For anyone 16 or older who has lost a loved one to suicide.

Suicide loss survivors share a singular bond.

Although each of our situations is unique, we tend to experience similar feelings, questions, and stages of grief.

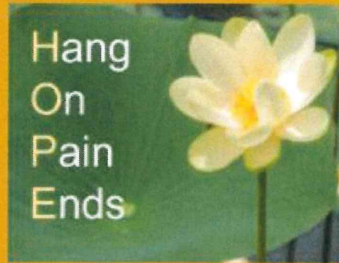
This group provides a good opportunity to meet others who understand!

1st & 3rd Wednesdays of every month
6:30 – 8:00 PM

Hill Country CARE Center, 1401 Gold St., Redding, CA

There is no charge for this group, and no registration is required. Please join us!

Facilitators: Brandi Hanson & Marcia Ramstrom, 530-440-6033



Hang On Pain Ends

SURVIVORS OF SUICIDE SUPPORT GROUP

Get support and hear from others who share similar experiences.

If you are over 16 and have had thoughts of suicide and/or suicide attempts, this group is for you.

2nd & 4th Wednesdays of every month
6:30 – 8:00 PM

Hill Country CARE Center, 1401 Gold St., Redding, CA

There is no charge for this group, and no registration is required. Please join us!

Facilitators: Mike Skondin, Cherish Pardo & Marcia Ramstrom, 530-440-6033