



# COPING WITH SUICIDE LOSS

(a six-week support series)

**Wednesdays, March 21–April 25**

**6:30–8:30 p.m.**

**PATHways Center for Grief & Loss**

**4075 Old Harrisburg Pike, Mount Joy**

## Topics include:

- The impact of grief
- Understanding psychiatric illness
- The mourning process
- How grieving a suicide loss is different
- Self-care
- Ways to express your grief
- Beginning with loss, ending with life

**T**his free support series is for any adult (age 18 or older) in the community who is grieving a death from suicide that occurred at least four months ago. The group provides a safe place to discuss your questions and pain with others who will understand, and offers the healing support that is found when sharing with others who have had a similar experience.

Space is limited and registration is required.

To complete the registration process, you will briefly meet with a PATHways counselor in advance of the series.

For more information or to register, call **(717) 391-2413** or **(717) 733-0699**.

