



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 come to some form of resolution. **We meet the 2nd and 4th Thursday of the month at Lakeview Regional Medical Hospital, 95 E. Fairway Dr. Covington, LA. (1st floor Conference Room B)**
We meet at 6:30 pm. For any additional information, please call Virginia Blanke 985-626-7012

DEC 11, 2008 "FISHBOWL ROOM" - NEXT TO THE CAFETERIA

DEC 26, 2008- (FRIDAY AFTER CHRISTMAS- CONFERENCE ROOM B)

JAN 08, 2009

MAY 14, 2009

SEP 10, 2009

JAN 22 2009

MAY 28, 2009

SEP 24, 2009 (FISHBOWL)

FEB 12, 2009

JUN 11, 2009

OCT 08, 2009

FEB 26, 2009

JUN 25, 2009

OCT 22, 2009

MAR 12, 2009

JUL 09, 2009

NOV 12, 2009

MAR 26, 2009 (FISHBOWL) JUL 23, 2009

NOV 27 (FRI AFTER THANKSGIVING)

APR 09, 2009

AUG 13, 2009

DEC 10, 2009

APR 23, 2009

AUG 27, 2009

DEC 23, 2009 (WED B/4 CHRISTMAS)

***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 THE WORDS HAVE BEEN HEARD

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