



**YOU ARE NOT ALONE**

## **SUICIDE LOSS SURVIVORS LOSS SUPPORT GROUP**

Our SLS Support Group provides healing support for people coping with the shock, excruciating grief and complex emotions that accompany the loss of a loved one to suicide. We hope you will find resources here to help you deal with, and eventually heal from, what may well be the worst pain you will ever feel.

What better group of people to connect with than those who walk in our same shoes? Sometimes in life, events occur that fracture the very foundation on which we stand. Our life, as we have known it, is forever changed and we find ourselves in an unexpected struggle, first just to survive and then to move forward.

It is important to know that people can, and do, survive the loss by suicide of a family member or friend. They are forever altered and may never stop missing their loved ones, but they do survive and go on to lead meaningful and contributory lives.

Support Group is  
**FREE OF CHARGE**  
and open to  
anyone who has  
lost a loved one or  
friend to suicide.

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**First Tuesday of  
Every Month  
5:30 – 7:00 PM  
South Lake Tahoe  
Library**

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**1000 Rufus Allen Blvd  
South Lake Tahoe CA**

**SUICIDE PREVENTION  
NETWORK**

[www.spnawareness.org](http://www.spnawareness.org)