

Survivors Of Suicide Loss Support Group

Every 1st and 3rd Thursday, join us at the SPN Office from 6:00-7:30 PM for a helpful and healing group chat. We'll share, discuss healthy coping mechanisms, and be there for others who have experienced similar grief.

Taking the first step might feel scary, but you are not alone in your path toward healing. This group is free and open to everyone 18+.

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**Suicide
Prevention
Network**