



You need to know that...

Losing a loved one is devastating. When that death is self-inflicted, it can be overwhelming.

Your feelings may be so complex that you can't explain them— even to yourself. The most important thing for you to understand is that your feelings are natural and that people are available.

Connecting with others who have shared this experience and aid in you healing.

There are a range of feelings that you may experience. It is natural to have feelings of :

g Shock....."I can't believe this is happening"

g Disbelief....."Why? Why? Why?"

g Guilt....."If only..."
"What if...?"

g Anger....."How could you do this
to me...to us?"

g Depression..."How will I survive this?"

g Stigma....."What will people think?"

Open Session: Group begins by honoring those who have died or had a birthday that month. Bring photos or any other memory to share of your Special person (only if you wish).

September 2	Explanation of "Understanding YOUR Suicide Grief" Book & Out of the Darkness Walk (September 14th)
September 16	Open Session "What I miss the most about my special person is..."
October 7	Touchstone One—Open to the Presence of Your Loss
October 21	"Shame, Stigma, Blame & Religious perspective" Speaker Fr. Joshua Ehli
November 4	Touchstone Two—Dispel Misconceptions About Grief
November 18	Getting through the holidays
November 22	<i>International Survivors of Suicide day</i>
December 2	Touchstone Three—Embrace the Uniqueness of Your Grief
December 16	"Remembering Your Loved One" – Bring a Photo, and their favorite Food, snack or beverage to share with the group (only if you want to).
January 6	Touchstone Four—Explore Your Feelings of Loss
January 20	Open Session Family Estrangement/Friendship Changes
February 3	Touchstone Five—Understand the Six Needs of Mourning
February 17	"Uniqueness of YOUR grief"- Panel of speakers: loss of a Parent, Child, Spouse and Friend.
March 3	Touchstone Six—Recognize You Are Not Crazy
March 17	Open Session—I wish I would have told Them...
April 7	Touchstone Seven—Nurture Yourself
April 21	Speaker: Byron Lannoye
May 5	Touchstone Eight—Reach Out For Help
May 19	<u>Tentative</u> Picnic 5:30 pm at Parkway, with a "Live Butterfly Release"
June 16	Open Session-or Touchstone Nine—Seek Reconciliation, Not Resolution
July 21	Open Session or Touchstone Ten Appreciate Your Transformation
August 18	Open Session or Touchstone Review & Summary

Libby Gravning, Facilitator
If any questions:
Text or Call 701-928-0226

**During the summer months,
meetings are held on the 3rd Tuesday of the month.*



SOS

SOUNDS OF SILENCE

About the Meetings

“Sounds of Silence” (SOS) suicide support group will provide compassionate support and grief education with the hope that family members and friends will find guidance on the path of healing.

We’ve become members of a fraternity that we never asked to join. It has cost us dearly...in sleeplessness, body aches, functioning and energy depletion. The emotions of anger, fear and guilt run rampant and are relentless attackers of our psyche. Our grief is powerful and unpredictable.

“Suicide leaves deep scars on the survivors. But there is no turning back: you cannot change what has happened. You can, however, change your outlook-from backward to forward, from death to life. Those who have experienced the suicide of a loved one can learn to let go of blaming themselves, and to take responsibility for their own future. They can emerge from their sorrow with a profound appreciation for the solidarity they have experienced with others, and with a deep awareness of the beauty and fragility of life. And they can begin to see life not so much as a problem to be solved, but as a mystery to be discovered each day.”

*Contributed by Dora Jaeger and Loretta Bierdeman;
“Surviving Suicide,” Mental Health America of North Dakota pamphlet.*

There is no suffering greater than that which drives people to suicide; suicide defines the moment in which mental pain exceeds the human capacity to bear it.

Where

Parkway Funeral Service
2330 Tyler Parkway
Bismarck ND, 58503

When

1st and 3rd Tuesdays
(excluding holidays)

****3rd Tuesday of June, July and August***

Time

6:30 – 7:30 p.m.

Facilitator

Libby Gravning
Call or text:
(701) 928-0226

For questions: call or text facilitator
Libby Gravning **701-928-0226**

****During the summer months,
meetings are held on the 3rd Tuesday of the month.***