

Monthly meetings:

WHEN: 1st & 3rd Tuesday of the month

WHERE: PEMHS
11254-58th Street North
Pinellas Park, Florida 33782

TIME: 7pm - 8:30pm

Group Facilitators:

Bonnie McClelland is the survivor of her only child, Timothy, who died by suicide at 17 in 2002. Bonnie was trained by Iris Bolton at Life Counseling in Atlanta and the American Foundation of Suicide Prevention www.afsp.org. Bonnie is the founder Suncoast Yellow Ribbon Suicide Prevention Program

www.suncoastyr.org and the recipient of the Sandy Martin 2009 grass root advocate award from the Suicide Prevention Action Network www.spanusa.org. Phone: 737-394-8222

Matthew E. Cook is a licensed mental health counselor and is a certified addictions professional. He has worked in the field of counseling, both mental health and substance abuse since 1997. He has worked for Personal Enrichment for Mental Health Services (PEMHS) since 2001. He became involved with suicide bereavement shortly after starting to work with the adult Crisis Unit population in November 2009. Matthew serves as a co-facilitator of the group to empower group members to have a safe environment where each member, as part of this self help group concept, can assist themselves and assist other group members to explore their own individual pathways to healing. Phone: 727-545-6477 ext 435

*You will never be the same again,
and that's not good nor bad,
...it's just how it is.*

Reflection

Another day for you to wonder, another day for you to mourn
It wasn't my intention to go before the coming dawn
My pain was deep within my heart and troubled head
It wasn't my intention to go without words said

My frame of mind seemed normal, or so I heard them say
It wasn't my intention not to see another day
I did not mean to make you suffer or cause you so much pain
It wasn't my intention to never see you again

Despair and confusion left my aching mind unsure
It wasn't my intention to suddenly close life's door
If only I could give you reasons and brush the tears away
It wasn't my intention to leave you and not stay

I did not mean for you to grieve, now left alone to cry
It wasn't my intention to leave you, forever asking why
As the burden of life's worries slowly ebb from my heart
It wasn't my intention to tear your soul apart

HALOS

Healing After a Loved One's Suicide

website: www.HALOSflorida.org



A mutual support group meeting monthly...

- creating space where one can authentically speak what's there for them and to listen to others to bring awareness that they are not alone
- sharing how individuals work through, and how they are stopped, by everything that comes up now after going through their experience
- providing compassionate support for individuals to fully take on their grief and loss and then move onto healing

Where do I start?

Know that you are not alone.

It can be so powerful to connect with other survivors. And such a relief to be able to talk openly about suicide with people who really understand.

Come to talk.

Come to listen.

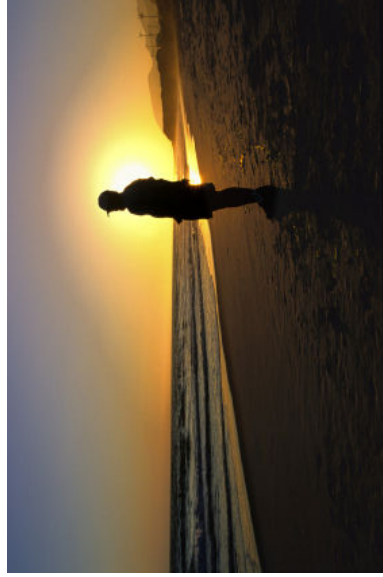
Come to share your experience.

Come to support others.

Come to begin your healing.

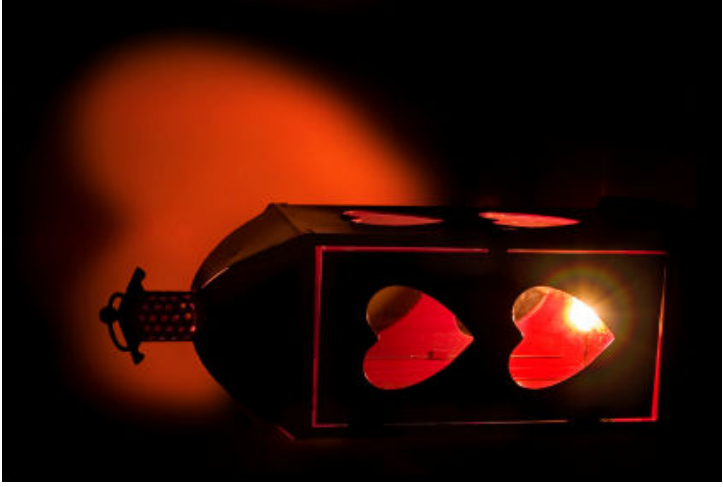
The time required for healing cannot be neatly measured against any calendar. Piece by piece, you begin to re-enter the world.

**Yes, you can survive,
and even go beyond just surviving.**



Moving forward is not easy,
but it is necessary ...

Look at: www.forsuicidesurvivors.com

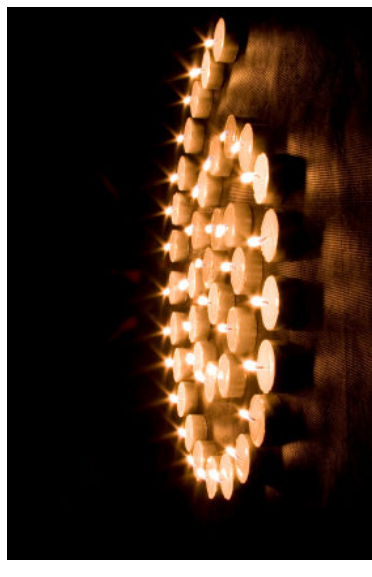


Why we say suicide “survivor”

We apply the term “survivor” to our experience because it accurately reflects the difficulties that face people who have lost a loved one to suicide.

Some people prefer the term “suicide griever,” fearing confusion with someone who has attempted suicide themselves. Likewise, some prefer the phrase “completed suicide” to “committed suicide,” feeling the latter implies a criminal act.

But there are no rules you need obey. Do and say whatever makes you feel most comfortable.



Marie Dudek, founder of the HALOS group, has survived the suicide of her 22-year old daughter, Natalie Gillett, in 2003. Marie has participated in several support groups and has completed the survivor support facilitation training offered by the American Foundation of Suicide Prevention (www.AFSP.org).

**For the person you lost,
the pain is over.**

**Now it’s time
to start healing yours.**

Guard your physical health.

Your own health is probably the last thing on your mind as you attempt to cope with your tragedy. However, you’re at risk and need to take extra care. Shock erodes your body’s natural resistance to disease and you’re probably not getting enough sleep and nutrition. Some sleeplessness and loss of appetite is normal, but if it persists, please consult your doctor.