

## Monthly meetings:

### WHEN:

1<sup>st</sup> Wednesday of each month

### WHERE:

St. Luke and St. Peter Episcopal Church  
2745 Canoe Creek Road  
St. Cloud, Florida 34772

**TIME:** 7pm - 8:30pm

### WHEN:

2<sup>nd</sup> Wednesday of each month

### WHERE:

Davenport, FL - Southwest of Orlando  
I-4 and Route 27 (exit #55)  
Davenport, Florida 33837

**TIME:** 7 pm – 8:30pm

PLEASE CONTACT MARIE DUDEK  
BEFORE ATTENDING ABOVE GROUPS

Phone: 863-424-4810

e-mail: [halosflorida@gmail.com](mailto:halosflorida@gmail.com)

### WHEN:

2<sup>nd</sup> & 4<sup>th</sup> Thursdays of the month

### WHERE:

Faith Assembly Church (East Orlando)  
2008 N. Goldenrod Rd.  
Orlando, FL 32807

**TIME:** 7pm - 8:30pm

PLEASE CONTACT DAVID ZAMPELLA  
BEFORE ATTENDING THIS GROUP

Phone: (407) 947-8683

Call for other groups/locations/dates.

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

## It Wasn't My Intention

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

- author unknown

# HALOS

## Healing After a Loved One's Suicide

website: [www.HALOSflorida.com](http://www.HALOSflorida.com)



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...



**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.

## 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, facilitator 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](http://www.AFSP.org)).