

*We offer a hand
to those who need
to climb out of the
valley of grief and
to see the sun rise
with hope and
gladness.*

*Garrett County
Sunrise Support Group
for Survivors of Suicide*

**First Thursday of the Month
6:30 p.m. until 8:00 p.m.**

301-359-0177

Place
Stamp
Here

*May the God of hope fill you with all joy and peace as you trust in him,
so that you may overflow with hope.*

—Romans 15:13 NIV

*Garrett County
Sunrise
Support Group
for
Survivors of
Suicide*

*A New Day
is Dawning*

*“Sometimes our light goes out
but is blown into flame
by another human being.
Each of us owes deepest thanks to those
who have rekindled this light.”*

—Albert Schweitzer

Garrett County Sunrise Support Group for Survivors of Suicide

Who are we?

We are residents from various points in Garrett County who share a common thread of being survivors of suicide. We offer support and understanding to those who have also suffered the loss of a loved one from suicide.

Where are we?

Please call 301-359-0177 for the current meeting place and other information.

When do we meet?

Meetings will be held on the first Thursday of each month from 6:30 p.m. until 8:00 p.m. (Subject to change.)

Notice of meetings will be announced on local radio stations and in the newspapers.

What do we do?

We share experiences, strengths, insights, successes, and hopes. We understand . . . because we have been there.

Anyone who wishes to speak is given the opportunity to do so, free of interruption.

We respect confidentiality and each other's right to anonymity.

What don't we do?

We **DO NOT** give advice or provide solutions. Sharing our experiences is more helpful and respectful.

Who is invited?

Anyone who has suffered the loss of a friend or relative from suicide and is at least 15 years of age or older is welcomed.

What is the cost to join?

NOTHING!

Do I have to speak?

No one is asked to share unless they want to. There is a great value in listening to others. You may hear experiences told by others that you can relate to, but you should never feel pressured to speak.

Will others in the group repeat what I say?

The support group guidelines state that "what is said here stays here." We respect each other's right to anonymity and confidentiality.

What else should I know?

YOU ARE NOT ALONE!
Members of our group have experienced similar circumstances.

We have been led to provide a place to meet with others who understand.