

## **We Remember Them**

*At the rising of the sun and as  
it's going down...*

*We remember them.*

*At the blowing of the wind and  
in the chill of winter...*

*We remember them.*

*At the opening of the buds and  
the rebirth of spring...*

*We remember them.*

*At the beginning of the year  
and when it ends...*

*We remember them.*

*When we are weary and in  
need of strength...*

*We remember them.*

*When we are sick at heart...*

*We remember them.*

*When we have joy we crave to  
share...*

*We remember them.*

*When we have decisions that  
are difficult to make...*

*We remember them.*

*As long as we live, they too  
shall live, for they are a part of  
us as we remember them.*

## **About Our Group**

This group is held on the third Monday of each month from 6 PM -7:30 PM. We provide educational materials regarding grief and coping, as well as offering an open format for discussion about your grief experience.

## **Goal of Group**

This group is a confidential, safe space for you to process your own grief and connect with others who are grieving the death of a loved one lost to suicide. Our hope is to empower you in your ability to cope with your grief outside of the group and to work towards healing.

## **Contact Us**

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# Suicide Loss Support Group





### **Coping with a Death by Suicide**

The path life takes after someone has died by suicide can be filled with confusion, shock, anger, guilt and pain. The stigma surrounding suicide can make it difficult to find support and healing. Many people do not know what to say (or worse, they offer hurtful and insensitive comments). The Suicide Loss Support Group offers a confidential, non-judgmental space to explore your grief and to work towards healing.

### **Finding Healing**

There is a misunderstanding that grief occurs in orderly stages, and if we move through those stages our grief will be “resolved.” The reality is that grief is messy, disorganized, and has no definitive timeline. It often affects us physically, emotionally, cognitively, socially and spiritually. Grief after a suicide often has additional challenges in comparison to the grief that accompanies other deaths, due to the stigma surrounding suicide. In order to find healing it is important to focus on the following tasks as outlined by Dr. William Worden and Dr. Alan Wolfelt:

- 1. Acknowledge the reality of the death**
- 2. Work through the pain of your grief**
- 3. Continue adjusting to life without the person who died**
- 4. Maintain a continued connection/bond with the person who died**
- 5. Receive ongoing support from others**

### **Your Grief Experience**

**Everyone’s experience of grief is unique**, as we all have different personalities, coping styles, and the circumstances surrounding the death of our loved ones are different. It is important for you to attend to the unique needs of your grief experience as they come up.

**You might experience a multitude of emotions** including sadness, anger, confusion, guilt, shock, numbness, disbelief, regret, relief and loneliness. Sometimes you might experience many emotions at once. It is important to make time and space to acknowledge the feelings that come up and to seek support in finding healthy ways of coping with them if they are disruptive to your daily life.

**You might experience a multitude of thoughts and questions.** Oftentimes we ask ourselves, “Why did this happen?” Even if there might be an apparent reason why the person chose to end their life, we might wonder what we could have done to offer more support or to prevent this from happening. It is important for you to remember that their death was not your fault.