

# Survivors of Suicide (S.O.S.) Meetings Fact Sheet



## Meeting Dates/Times

There are two different SOS groups:

1. STL/Mid- County meeting is **every Wednesday 7:00pm – 8:30pm**
2. St. Charles meeting is the **1<sup>st</sup> & 3<sup>rd</sup> Monday 6:30pm – 8:00pm**

## Directions

### St. Louis Mid-County Meeting

9355 Olive Blvd, Olivette, MO 63132

NCADA Bldg. (National Council for Alcohol and Drug Abuse); please enter behind building

- Meeting location is approximately ½ mile west of I-170 on Olive, on north side of Olive, past Taco Bell and ABC Trading Company if coming from 170. Turn right onto Olivette Executive Parkway and take 2<sup>nd</sup> left into back parking lot of building.

### St. Charles Group Meeting

608 Jefferson Street

St. Charles MO 63301

#### Going west from St. Louis

- Take I-70 to the North 5<sup>th</sup> Street exit.
- Turn right, go down to Jefferson, make a left on Jefferson.
- The Community Center is a brick building next door to the funeral home.

#### Going east toward St Charles

- Go east on I-70 and take highway 94/First Capitol Drive exit.
- Make a left to go north on First Capital Drive.
- Make a right on Jefferson.
- You can park in the funeral home lot or on the street.

## Helpful Information

- SOS is free for all attendees.
- Participants are not required to speak during meetings.
- Participants are not required to attend any certain amount of meetings. No formal "commitment" to SOS is necessary.
- We advise arriving at least 5 minutes before the start time of the meeting.
- Participants can just show up. There is no screening process.
- Although anyone is welcome at any time, we strongly encourage individuals interested in SOS to be at least 2-3 months out from their loss before attending a meeting. Everyone is different, but the grief is often too fresh to process in a group setting prior to this amount of time.
- We encourage members to try attending 3 meetings before deciding if it is a good fit for them.
- SOS is a peer-led support group. It does not involve any formal therapy and does not follow a model such as a 12 Step program.
- Members must be at least 18 years of age.
- Coffee is provided at all meetings.