**Survivors of Suicide**

**Support Group**

**Maryland Heights SOS Group IN PERSON** Meeting location is close to 270/Page and Westport

2388 Schuetz Road, Suite A-10 Meets bi-weekly on Wednesdays
Maryland Heights, MO  63146 6:00p-7:30 pm

Main Number 314-898-0100 or 314-446-2831 to reach facilitator, Rachael Rice

\*Currently masks are optional following CDC guidelines; this is subject to change as needed

 **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. If you are in the first three months we recommend connecting with a Suicide Bereavement trained clinician.
* New members will be asked to fill out a demographic form so we can measure the impact of the group.
* 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.
* Water is provided at all meetings.

June 8, 2022 at 6:00pm

 Jun 22, 2022 at 6:00pm

July 6, 2022 at 6:00pm

 July 20, 2022 at 6:00pm

August 3, 2022 at 6:00pm

 Aug 17, 2022 at 6:00pm

 Aug 31, 2022 at 6:00pm

September 14, 2022 at 6:00pm

 Sep 28, 2022 at 6:00pm

October 12, 2022 at 6:00pm

 Oct 26, 2022 at 6:00pm

November 9, 2022 at 6:00pm

 Nov 23, 2022 at 6:00pm

December 7, 2022 at 6:00pm

 Dec 21, 2022 at 6:00pm