**Survivors of Suicide**

**Support Group**

**Maryland Heights SOS Group**

Meeting location is close to 270/Page and Westport

2388 Schuetz Road, Suite A-10 1st and 3rd Wednesday 6:00pm-7:30pm

Maryland Heights, MO 63146

Office Main Number 314-898-0100

Staff Facilitator: Jai Wilson 314-446-2830 jwilson@providentstl.org

**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.