

Survivors of Suicide Support Group



Creve Coeur SOS Group

Location

12141 Ladue Rd
St Louis, MO 63141

Date/Time

1st and 3rd Wednesday 6:00pm-7:30pm

Office Main Number 314-898-0100

Staff Facilitator: Joanna Sigmund, MA, LMFT – jsigmund@providentstl.org

Helpful Information

- SOS is free for all attendees.
- Participants are not required to speak during meetings.
- No formal “commitment” to SOS is necessary. Participants are not required to attend any certain number of meetings.
- 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.