



Lebanon County

**SUICIDE PREVENTION  
Task Force**

Help. Hope. Healing.

# REMEMBRANCE SUPPORT GROUP

After the loss of a loved one from suicide

Losing a loved one from suicide can leave family and friends feeling alone and confused. This 6-week group will help survivors of suicide (family and friends of those who have completed suicide) feel understood and connected with others who have walked this difficult journey. Group members will use art, music, journaling and other experiential therapies to take steps toward healing. The group will focus on remembering loved ones in healthy and life-giving ways. Participants will also be connected to other Lebanon County services, including the Remembrance Garden, as appropriate.

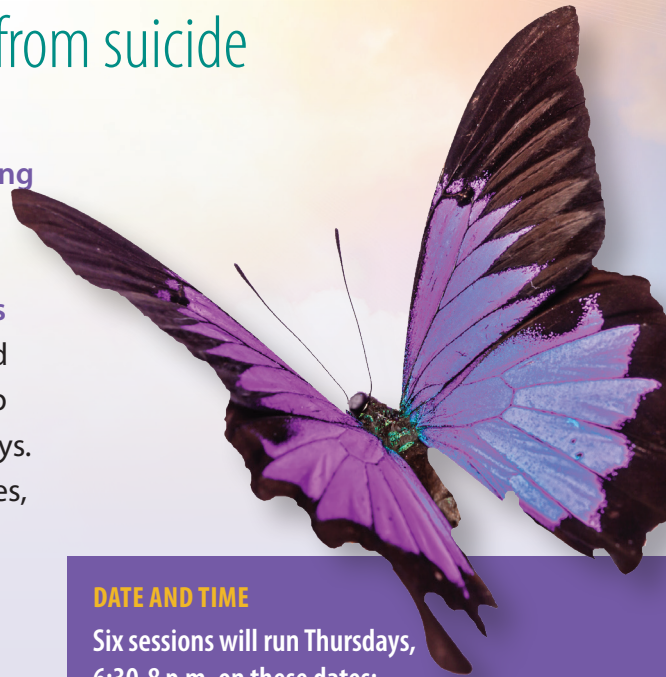
There is no cost for the group, but pre-registration is necessary.

## WHO SHOULD ATTEND

Group members should be at least 18 years old, have lost a family member or friend from suicide and be able to participate in a group setting. Older teenagers will be considered if accompanied by an adult family member and approved by the group facilitators.

This group is not appropriate for children or for teens without participating family members, nor for individuals who are actively suicidal or homicidal, or for whom discussion of loss in a group setting would be traumatic.

Participants will receive a call from the group facilitator prior to the start of the group.



## DATE AND TIME

Six sessions will run Thursdays,  
6:30-8 p.m. on these dates:

October 10	November 21
October 24	December 5
November 7	December 19

## LOCATION

WellSpan Philhaven Grace M. Pollock  
Training & Community Center  
283 S. Butler Road, Mt. Gretna, PA

## FACILITATOR NAME AND CREDENTIALS

Jacklyn Van Arsdale, MA NCC

## ENROLLMENT

Please call to register:  
Brenda Startoni, (717) 675-2940