



# S.O.S.

## SUPPORT GROUP

*(Survivors of Suicide)*



*“It helps to realize that no one is alone in grief.”*

**When** ▶ **First Tuesday Every Month**  
**6:00 - 8:00 pm**

**Where** ▶ Holiday Inn Express Meeting Room  
112 Airport Road West, Fort Payne, AL

**Fee** ▶ This service is offered to survivors at no charge.

**Purpose** ▶ Group that offers an opportunity for people who have lost a loved one by suicide to connect with other survivors in a safe and healing environment. It is a place for everyone to feel comfortable and we rely on anonymity.

- Benefits of Support Groups**
- It is a relief to learn that we are not going crazy, we are just grieving.
  - True feelings of anger and/or guilt can be expressed without judgement.
  - A place to meet people who truly care about you.
  - Everyone needs hugs and a support group is a good place to get them.

### Meeting Information Contact

Nicole Goggans  
256-630-2070  
Nicole.samfound@gmail.com

Learn More & Visit:

[WWW.SAMFOUND.ORG](http://WWW.SAMFOUND.ORG)  
[www.facebook.com/TheSAMfound](http://www.facebook.com/TheSAMfound)

This is a peer group; our facilitators are not mental health professionals. We encourage separate individual counseling as well.