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Survivors of Suicide Group Set to Meet Monthly

Grief support designed for those who've lost a loved one to suicide

BREMERTON— A new group for survivors of suicide will meet monthly in Bremerton to offer a setting for family members or friends who have lost someone to suicide. The group is scheduled to meet on the second Thursday of each month from 5:30-7:00 p.m. Interested individuals should contact facilitator Melissa Spaulding by phone at 360-265-1110 or via email at swimgirl682004@yahoo.com.

The purpose of this group is for participants to connect with others who face a similar loss. The focus is coping with the grief and trauma a suicide leaves behind. Participants will compare experiences and share hope as life continues, despite the loss of their loved one. Individual therapy is not the group's purpose; however members give and receive support from others dealing with feelings like their own.

Ms. Spaulding is a member of the International Association of Suicide Prevention and the Kitsap Suicide Prevention Task Force. She lost her 45-year old uncle to suicide in 2008. Her mission now is to raise awareness about the impact of suicide and work with others to move through personal grief. The Task Force is open to community members. It sponsors public suicide awareness events throughout the year.

Kitsap County Health District is a member and sponsoring organization of the Task Force and recognizes suicide as a leading cause of death for young and middle age adults and cause of grief for friends and families. For further information on suicide prevention, phone 360-337-5250.

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