Bereavement support
Compassionate support for anyone who has lost someone to suicide

“It’s not forgetting that heals. It’s remembering”
~Amy Greene

Suicide Prevention Service of the Central Coast

Grief is never easy, but losing a loved one to suicide can be especially difficult. Grief after a suicide can be filled with pain, guilt, confusion, anger and even relief. The grieving process can be very isolating, our peer support groups help to break that isolation by giving people a compassionate, confidential space to process their experiences, feelings, and struggles.

Santa Cruz:
WINGS (Warm Interactions Navigating Grief after Suicide)
Pacific Grove:
LOSS (Loving Outreach for Survivors of Suicide)

For more information please call our administrative office at 831-459-9373 or visit our website at www.SuicidePreventionService.org
Para servicios en Español favor de llamar la Linea de Crisis a 1-877-663-5433.

American Foundation for Suicide Prevention

Central Coast Survivors of Suicide Loss Support Group
The group meets continuously throughout the year. Meetings are held monthly on the second Saturday of the month from 1:00 pm to 3:00 pm.
Location:
Sunrise Villa, 1320 Padre Dr.
Salinas, California 93901
This group is open, which means that new members may join at any time.

For more information, you may contact Dawn McGhan at 973-534-1261 or dawnmccgahan@hotmail.com and Deirdre S. Darst at 831-484-9933 or tea4me@gmail.com