



SURVIVORS OF SUICIDE LOSS

- Our mission is to support survivors of suicide loss and educate the community about suicide and the prevention of suicide.
- SOSL publishes a free, quarterly newsletter, called *Hope & Comfort*, distributed by both email and hardcopy. The newsletter may also be found on our website www.SOSLsd.org

Survivors of Suicide Loss Support Groups All meetings are 7 - 8:30 pm

Our meetings are held in an atmosphere that is warm and friendly. Anyone who has lost a family member or friend is invited to attend. Feelings shared are kept confidential and discussed only within the confines of the group meeting. Thus, SOSL groups provide a comfortable, non-threatening setting to share experiences and thoughts. Questions are encouraged to assist in coping with the different stages of the grieving process and with the feelings that are particularly intense in the aftermath of suicide—denial, shock, disbelief, sadness, anger, relief (for some), guilt and shame. We end our groups by sharing something positive that has recently taken place or the anticipation of something good. Groups are peer led, from its inception in 1981, the SOSL group goal has been to provide a relaxed, caring environment of mutual support and understanding to give comfort and help to one another - a place to regain a sense of hope.

Aurora Behavioral Health Center **1st WEDNESDAY every month**
11878 Avenue of Industry, San Diego, 92128 – **North County Inland**

Encinitas Community Center **2nd & 4th MONDAYS every month**
1140 Oakcrest Park Dr., Encinitas, 92024 – **North County Coastal**

Oceanside -Tri City Medical Center – **1st and 3rd Wednesdays every month**
4002 Vista Way, Oceanside, CA 92056 Enter through main lobby and take elevators down to Lower Level – Room

Sharp Grossmont Hospital **2nd FRIDAY every month**
5555 Grossmont Center Dr., La Mesa, 91942 - **East County** (Cardiovascular Center, Room 1) **Parking fees waived.**

Scripps Mercy Hospital **1st & 3rd MONDAYS every month**
4077 5th Ave., San Diego, 92103 – **Hillcrest** (Foundation Room). **Parking fees waived.**

South Bay Group **3rd THURSDAY every month**
First United Methodist Church, 1200 East H St, Chula Vista, CA 91910
Discovery Room or the Chapel- located by the Sanctuary. Drive to the back of the property to park.

Clairemont Emmanuel Baptist Church **2nd & 4th TUESDAY s every month**
2610 Galveston St., San Diego, 92110 **Mission Bay area**
Drive down to the lower parking lot.

Riverside County Group **2nd & 4th MONDAYS every month**
29029 Murrieta Rd. Sun City, 92586 – Valley Christian Fellowship
Must call before attending: Kathy 951-679-2008

More information and directions for support meetings may be found on our website www.SOSLsd.org
Contact us at info@SOSLsd.org or 619-482-0297