

***Support group meetings  
held:***

Stamp

• **GRAND RAPIDS**

second Thursday/each month  
7:00–8:30 p.m.

Sept - May

Park Congregational Church  
10 E. Park Place N.E.  
downtown, off Fulton St.  
use Ransom St. entrance

June, July & August

St. Mark's Episcopal Church,  
134 N. Division Ave., N.

• **MUSKEGON**

Second Tuesday/each month  
6:30 – 8:00 p.m.  
Calvary Church  
5873 Kendra Rd., Fruitport  
Airline Rd., to Farr Rd, W. and  
follow signs.  
Room C-104

(231) 724-6639 for information

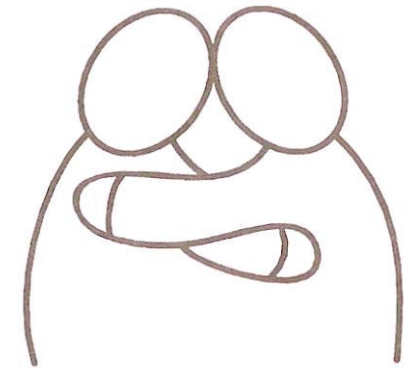
• **HOLLAND**

first Thursday/each month  
6:30–8:00 p.m.  
Hospice House  
445 104<sup>th</sup> Ave. at Mason Ave.

West Michigan  
Survivors of Suicide  
233 Carrier NE  
Grand Rapids, MI 49505

**West Michigan  
Survivors of Suicide**

**SOS**



“Death ends a life, but it does not end a relationship, which struggles on in the survivor’s mind towards some resolution which it never finds.”

From: *I Never Sang for My Father*

## A Support Group

A 501(c)(3) Michigan Organization

Visit our Website:

[www.angelfire.com/mi2/westmisos](http://www.angelfire.com/mi2/westmisos)

*Since the suicide,  
have you felt...*

Guilt? Rejection? Shame?

Anger? Depression?

Isolation?

Desperation? Exclusion?

All of us have experienced  
some or all of these feelings  
following the suicide of  
a loved one.

*But with SOS, we've found...*

- Comfort
- Understanding
- Support
- Relief
- Strength

## *The Goals of SOS are to...*

- Provide a place to share and vent feelings.
- Create a safe environment for many who can't talk to others about suicide.
- Promote the normal grief process and help with the special feelings arising from suicide.
- Serve as a possible deterrent by informing others of the effect suicide has on the survivors.
- Inform others of the special needs of survivors.

Share with us...  
...and let us share with you.

Each journey begins with the first step.

## For More Information, Call

First Call For Help  
211 or 616.459.2255  
1.800.887.1107  
(if out of area)

Life Guidance Services  
616.954.1991

Muskegon County  
(231) 724-6639

Grand Haven  
616.842.4357 (HELP)

Hospice of  
N. Ottawa Community  
616.846.2015  
Press 3 for  
Bereavement Dept.

Holland  
616.396.4357 (HELP) or  
Hospice of Holland  
Bereavement Department  
616.396.2972

Have questions or need a ride?  
Call WMSOS  
Jim Sailors at 616.285.5585  
or 616.957.3466