

'Out of the Darkness' - Survivors of Suicide (SOS)

Suicide - that unmentionable – that elephant in the room ... Many people carry this secret, the shame, the guilt, of knowing someone close to them who has completed suicide. This 'elephant' is a heavy, lonely burden to carry for those who are left behind. The isolation and inner turmoil, the mystery, the unanswered questions can affect our daily lives and take a big toll on us both physically and emotionally. It can also affect relationships with our family, friends, neighbors, and in the workplace.

Huron Hospice Volunteer Service has become aware of the need to support those who are suffering from the loss of loved ones who have completed suicide. Huron Hospice has volunteers who are facilitating this support group to meet this need. Our facilitators come with a wealth of expertise in this area and from their own personal story of being affected by suicide. They provide a safe place to explore the unfinished work that suicide leaves behind.

'Out of the Darkness' - Survivors of Suicide (SOS) meets at the Knox Presbyterian Church, 9 Victoria Street, Goderich (use the side entrance) every 2nd and 4th Monday of the month from 7-9 p.m. For more information, please call Huron Hospice at 519-527-0655.