

# Survivors of Suicide (SOS) Support Groups

## *Have you experienced the impact of a loved one's suicide?*

Our meetings provide a time to help one another grieve. This is not a therapy group. It is a free support group. We respect each other's confidences and honor the uniqueness of each person's grief work. We share what can be helpful in this process. We offer resource materials, stories, and listen to your story. Whether you lost a friend, spouse, parent, child, co-worker, sibling or anyone you care about. Please consider joining us.

### **Burlington Support Group**

**1<sup>st</sup> Wednesday of each month**

6:00 pm – 7:30 pm

Comfort Inn & Suites

5 Dorset Street

South Burlington, VT

Contact: Liz Mahoney, 802-879-7109

Email: [erusso@smcvt.edu](mailto:erusso@smcvt.edu)

### **Sheffield Support Group**

**1st Tuesday of each month**

6:00 pm – 7:30pm

*(Refreshments available at 5:30pm)*

Sheffield Federated Church

Berry Hill Rd, off Rte 122, Sheffield

Contact: Candy Fox

Email: [candyfox@charter.net](mailto:candyfox@charter.net)

### **Newport Support Group**

**3<sup>rd</sup> Thursday of each month**

5:30pm -7:30 pm

Nevermore Bookstore

100 East Main St.

Newport, VT

Contact: Mary Butler, 802-744-6284

Email: [butlerm@sisna.com](mailto:butlerm@sisna.com)

### **St. Albans Support Group**

**2<sup>nd</sup> Thursday of each month**

6:00 pm – 7:30 pm

Northwestern Medical Center

133 Fairfield St., Conference Rm #3

St. Albans, VT

Contact: Tony Stevens or Deborah Babbie,

802-393-6503

Email: [astevens@ncssinc.org](mailto:astevens@ncssinc.org)

**If you or someone you know are in crisis, call 1-800-273-TALK (8255) or Vermont 2-1-1**