

## Suicide Grief Support Group – Reflections from Participants

Fellow travelers, once strangers, now dear: Our group has blessed me with connection, with a space to be heard and understood, and with the insight that there is both great diversity and great unity in our immeasurable loss.

*Dear Fellow travelers: I wish us all strength as we continue to live through the loss of our loved ones and the ability both to deeply rejoice in their lives and to remember that we, their survivors, are alive. May we continue to create, overcome, endure, transform, and love.*

I am really glad we all came together every other Monday night. Your shared stories and wisdom have given me connection, comfort and might. I want to wish you all many more days ahead.

*Filled with beautiful moments of joy, peace and kind words said.*

Broken-hearted  
we gather in a group  
to seek the sun,  
although  
like the moon  
we reflect each other's light.

*Suicide is an inexplicable and in my profound grief I sought the solace of the group in order to armor myself effectively in order to conquer this horrific pain. Instead of armor I found a way to heal, in the camaraderie of sharing, and garnered an understanding and acceptance of this inexplicableness.*

My hope/my wish for my new friends is this; that we never feel alone , our resilience and desire to fully understand so that we can honor those we have lost has opened the doors to love and compassion. Have courage to smile, love and laugh; reach out to those who need a helping hand and endeavor to never live with regret.