



Tuesday, August 15, 2017

7:00pm

700 D Ave. (St. Paul's Methodist)

**"Healing takes courage, and we all have courage,
even if we have to dig a little to find it." ~ Tori Amos**

Life After Trauma: Understanding the Emotional Impact of Suicide within a Community

Join us for a community-wide process group tackling the difficulties of living through the aftermath of suicide. Facilitated by Joyce Bruggeman.

- ◇ Understanding the grieving process specific to suicide and trauma
- ◇ Self-care related to trauma and the impact of suicide
- ◇ How to build support within the community after a suicide
- ◇ Open discussion and Q&A with trained Coronado SAFE and SOSL staff

**Due to the strong theme, we recommend this group for adults only. This group is recommended for anyone who has ever been impacted by a suicide. Resources and materials will be provided.*

Joyce Bruggeman is the Executive Director of Survivors of Suicide Loss. Joyce speaks throughout Southern California to educate, enlighten, and reduce the stigma attached to mental health issues and suicide. Additionally, she teaches QPR (Question, Persuade and Refer) Gatekeeper Training for suicide prevention, facilitates mental health support groups, and is a Certified Mental Health Coach. Joyce also sits on the board of the Community Alliance for Healthy Minds.



Coronado SAFE and Survivors of Suicide Loss partner together to bring healing and support to the Coronado community.

Coronado SAFE
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