



Orange County Grief Support Group Resources



Saddleback Church Suicide Loss Grief Support Group

There will be a time of encouragement and hope for those struggling after the loss of their loved one to suicide. Those who lose a loved one to suicide often feel alone in their grief. Our support group offers a safe place for survivors to come together and talk openly with others who have shared a similar experience. No matter where you are in your personal journey, you'll find understanding, encouragement and support to give you hope and healing.

The Group meets on the 1st & 3rd Tuesday of each Month

From 7:00-8:30 PM Room MO2 – The Interconnect Room

Contact Rugena Duff at rugenad@saddleback.com 949-609-8232

<http://saddleback.com/care/supportgroup/Suicide-Loss-Grief-Support-Group>

Survivors of Suicide Men's Phone Support

Chris is a survivor of suicide who lost his son. He has a heart of compassion for other survivors and understands the dynamic of how men deal differently with grief than women. He was trained by The Link Counseling Center. <http://www.thelink.org> If you are experiencing difficulty in your grief please reach out to him for support.

Chris Johnson 714-814-6779



Suicide Bereavement Support Group

With Hope Foundation Office
5130 E. La Palma Ave Suite #113
Anaheim, CA 92807

Call or email for current schedule and location:

Heather Bivens 714.524.1996 heatherb@withhopefoundation.org

<https://www.withhopefoundation.org/suicide-bereavement-support>

Jeri Livingstone's Survivors of Suicide Support Group

Is a group of suicide survivors that meet the 1st and 3rd Sundays of every month from 1:30 - 3:30. The meetings are open and it is a place to share your experience with people that will just listen, people that share your same experience.

FOR CURRENT INFORMATION

Contact Jeri Livingstone at jandktoo@socal.rr.com 714-539-1429
www.survivorsofsuicide.us



Grief Share is a network of thousands of grief recovery support groups meeting around the world. GriefShare is a program with direction and purpose. With GriefShare you will learn how to walk the journey of grief and be supported on the way. It is a place where hurting people find healing and hope.

To find a group near you go to www.griefshare.org



Therapy and Support

<https://didihirsch.org/services/suicide-prevention/therapy-support/>

Adult Suicide Bereavement Groups

Groups are held in Century City, Sherman Oaks, Redondo Beach, San Marino, Santa Ana and Newbury Park. Participants meet in groups of six to 10 once a week for 90-minute sessions over eight consecutive weeks. Groups are held during day or evening hours.

For more information, contact Didi Hirsch's Suicide Bereavement Services Program

Director Rick Mogil 424-362-2912 or rmogil@didihirsch.org

Support Group for Suicide Attempt Survivors

The groups are held in Los Angeles and Orange Counties. Participants meet in groups of six to 10 once a week for 90-minute sessions over eight consecutive weeks. They are co-facilitated by a therapist and a suicide attempt survivor who has successfully completed a group.

For more information or to schedule an intake, please contact our Suicide Prevention Counseling Center at spccounseling@didihirsch.org or (424) 362-2911.

Teen Suicide Bereavement Support Groups

Teens who have experienced the death of someone by suicide receive emotional and therapeutic support from clinicians and other teens in our 8-week grief support groups. Meetings are in small groups, once a week, for 90-minute sessions where they learn healthy stress-management tools and new and creative coping skills to help them deal with their loss. Teen support groups are part of the new Everychild Suicide Prevention Project. For more information on teen suicide bereavement groups, call (424) 362-2911.

For a **National Directory** of survivors support groups near you, go to

<http://www.lilgaryllegacy.org/resources-grief-support/>