



SUPPORT GROUPS

Our monthly meetings are self-help, non-sectarian groups for anyone bereaved by the suicide of a friend, spouse, parent, child, co-worker, partner, sibling.

At these meetings, each of us has an opportunity to tell our “story” -- to share our grief with a group of people who respect our confidences and understand the intense pain experienced by people after the suicide of a loved one.

SBS meetings provide a supportive atmosphere, a place to learn about the grieving process, a safe place to express feelings and discuss the circumstances of the suicide, and finally, a place to discover hope. Because group members are at different stages in the grieving process, there is an opportunity to learn how others have coped with their loss.

PHONE SUPPORT

Often, when someone we know dies by suicide, we find ourselves needing to talk about it. SBS group meetings are one place to do this, but we also offer phone support to get through difficult days. Phone numbers of these contact people are listed below.

WHEN YOU NEED SOMEONE TO TALK TO

JoAnne	360-835-1593	Son
Claire	503-236-8444	Husband
Carrie	360-604-7144	Father
Virginia	503-657-1181	Daughter
Cameron	503-234-6032	Partner
Jean	541-418-1149	Son
Diane	503-397-7841	Brother
Marty	503-452-7917	Wife
Kathy	971-275-2452	Brother

NEWSLETTER

A newsletter (intended to provide support and information) is mailed to over 500 households every month.

Please call 503-236-7524 to request a copy and/or added to our mailing list.

LIBRARY

Because we know that written information can be very helpful, we offer resources on a variety of topics, including mental illness and grief (especially the intense grief that follows a suicide). At the meetings you will find a display of books, tapes and articles, which are available for you to check out.



MONTHLY MEETINGS

GRESHAM

First Thursday

Cameron: 503-234-6032

NORTHEAST PORTLAND

Third Monday

Claire: 503-236-8444

SOUTHWEST PORTLAND

First & Third Mondays

Leslie: 503-740-1832

VANCOUVER

Fourth Tuesday

Cameron: 503-234-6032

ST. HELENS

Second & Fourth Wednesdays

Diane: 503-397-7841

CALL FOR TIMES AND LOCATIONS



**Suicide
Bereavement
Support**



**Suicide
Bereavement
Support**

2116 NE 18th Avenue
Portland, Oregon 97212
503-236-7524
www.sbsnw.org

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www.sbsnw.org



*The best way out of emotional
pain is through it.*

anonymous

**Offering support for people who
are affected by the suicide of a
family member, co-worker or
friend.**