



HEALING TEARS



Connection group for those who have experienced a loss to suicide.

Benefits of attending:

- Realize you are NOT alone
- Safe place to express your feelings
- Build a sense of community & support
- Build HOPE that “normality” can be reached eventually;
- Experience in dealing with difficult anniversaries or special occasions;
- Opportunities to learn new ways of approaching problems.
- A sounding board to discuss fears and concerns;

For more information about our support group:

EMAIL- TEARSGFND@gmail.com

**IF YOU ARE IN CRISIS, CALL 988 OR
TEXT “TALK” TO 741741**

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Healing **TEARS**

Thief River Falls, MN

Connection group for those who have experienced a loss of a loved one to suicide.

Participants will be able to share experiences and build a network of support to promote healing.

Meeting details:

- **When:** 2nd Thursday of the month
- **Time:** 7-8:30pm (Doors open at 6:30pm)
- **Where:** 1412-3rd Str. West
 - Thief River Falls, MN
 - Spark Hub
- **Who:** Adults 18 and older
- **Contact:** Cayla at 970.372.9018 or email **TEARSGFND@gmail.com**

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