



*Have you lost someone  
to suicide?*

**We can help.**

## **Suicide Loss Support Groups**

People who have lost a loved one to suicide often have unique and challenging aspects of their grief experience. We offer two types of support groups to give adults and mature teens a chance to share their story, support each other, and work through the specific grief needs of suicide loss. Facilitated by Isabel Stenzel, LCSW and Mary Balmana.

### **8-week closed, structured group (twice yearly)**

**Next session: Wednesdays, Aug. 14 - Oct. 2, 2019, 6-7:30pm**

### **Monthly, ongoing group**

**3rd Thursday of the month, 6-7:30pm**

**Mission Hospice, 1670 S. Amphlett Blvd., Suite 300, San Mateo**

**FREE!** Space is limited — **registration is required.**

For info or to register, contact Isabel Stenzel at  
650.931.8236 or [istenzel@MissionHospice.org](mailto:istenzel@MissionHospice.org).



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