

# 11TH ANNUAL SAN DIEGO SURVIVORS OF SUICIDE LOSS DAY



## “PLANTING SEEDS OF HOPE”

**SATURDAY, APRIL 7<sup>TH</sup> 10 A.M. TO 2:30 P.M.**

### **ROCK CHURCH**

2277 ROSECRANS ST. SAN DIEGO, CA 92106

This is a unique opportunity for survivors of suicide loss to meet with other survivors having a similar loss. We remember the loss, and honor the lives of our loved ones among others who understand the journey. Along the way, we discover that together is better in our community of healing.

Registration and continental breakfast at 10 a.m. Program starts at 10:30 and includes: speaker & panel, candle lighting ceremony, lunch and small facilitated groups according to type of loss (child, parent, spouse, sibling, etc.)

*This event is not appropriate for children under age 13*

Registration: \$20 donation includes lunch    Make checks payable to SOSL    Registration Deadline: April 5<sup>th</sup>

Name (s): \_\_\_\_\_

Please indicate your loss: Child \_\_\_; Spouse/Partner \_\_\_; Parent\_\_\_; Sibling \_\_\_; Friend \_\_\_;

Military\_\_\_; \*Professionals\_\_\_\_\_; Other loss \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

1. I plan to attend – Number of attending \_\_\_\_\_ x \$20.00 = \_\_\_\_\_ total. (*Scholarships & Group Discounts available*)

2. Also, I'd like to offer an additional donation to support SOSL Programs!     \$25     \$50     Other Amount \$ \_\_\_\_\_

3. I am unable to attend, but I would like to donate \$ \_\_\_\_\_ in support of SOSL Programs

You can send a check to SOSL PO Box 3297, La Mesa, CA 91944 or register online [www.SOSLsd.org](http://www.SOSLsd.org)

For more information: Call 619-417-0609 or Email

[Michele@soslsd.org](mailto:Michele@soslsd.org)

\*For mental health professionals who have lost a client and/or first responders

For our SOSL Day, we will focus on the power of community in the journey of healing. We will honor our Survivors of Suicide Loss community, and other communities in our lives, that provide critical support and connection after a suicide loss.

"There is no grief like the grief that does not speak." -Henry Wordsworth

Come join us as we speak. Together we will give words to our grief. Together we will build our community of support and care. When we come together we create our community of healing, a community of hope.

SOSL Day provides us a unique opportunity to meet with other survivors of suicide loss having a similar loss. The event includes a memorial candle lighting, a brief opening talk, followed by the panel discussion, then catered lunch, break out groups, and closes with raffle prizes and some final encouraging words