

Heartbeat support group meets in Sterling monthly

Written by Holyoke Enterprise

Every community experiences deaths by suicide. When a loved one dies unexpectedly by suicide, families and friends suffer a magnitude of isolated, complicated grief.

Because the grief that follows suicide is different from grief resulting from other causes of death, there is seldom the understanding, reinforcement, guidance and role modeling for growth toward healthy reconciliation and adjustment through these compounded grief dynamics.

It is comforting to know what has helped others who have experienced the anguish in the aftermath of a loved one's suicide. Rural Solutions hosts a monthly Heartbeat support group of mutual support for those who have lost a loved one to suicide. The meetings are held the second Monday of each month starting at 7 p.m. at the Rural Solutions office located at 115 North 5th Ave. in Sterling.

Please remember this is a support group and is not intended to be a form of counseling. The healing achieved within this group will be the result of understanding, encouragement and caring among the participants.

For more information, please contact Maranda Miller at 970-526-3616 or maranda.miller@rural-solutions.org.

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