



# University of Kentucky- Lexington Survivor of Suicide (SOS) Support Group

The support group is open to those who have lost a loved one to suicide. Anyone from the greater Lexington community who has been impacted by suicide is invited to attend. The group is open and you are welcome to come as many or as few times as you like. The group is an informal place to connect with others and receive support, comfort, and strength for the difficult grief journey. We have two meeting times and locations:

## GOOD SHEPHERD EPISCOPAL CHURCH

**WHEN:** Every Monday from 5:30pm-7:00pm with the exception of major holidays that fall on Mondays (e.g. Memorial day)

**WHERE:** Good Shepherd Episcopal Church  
Youth Suite (basement)  
533 E. Main St.; Lexington, KY 40508  
(see page 2 for additional information)

## ANDOVER UNITED METHODIST CHURCH

**WHEN:** Second Thursday of the month from 5:30pm-7:00pm

**2015 DATES;** February 12, March 12, April 9, May 14, June 11, July 9, August 13, September 10, October 8, November 12, December 10

**WHERE:** Andover United Methodist Church  
4131 Todds Road; Lexington, KY 40509  
(parking easily available in the church lot)

### Facilitator Contact Information:

Rebecca Sanford, MSSA, LCSW  
Cell: (216) 410-3724  
Email: [rebecca.sanford@uky.edu](mailto:rebecca.sanford@uky.edu)  
Group Website: [www.facebook.com/uksosgroup](http://www.facebook.com/uksosgroup)

### Other Resources:

National Suicide Prevention Lifeline:  
(800) 273-TALK (8255)  
Online Support:  
[www.pos-ffos.com](http://www.pos-ffos.com) (parents of suicides/friends & family of suicides)  
[www.allianceofhope.org](http://www.allianceofhope.org)

Contact Rebecca with any questions or for more information.

**\*\*Please contact Rebecca before attending your first group meeting.\*\***

"From within the circle, we talk about the past. I hear cries for fathers, mothers, sons and daughters, brothers and sisters and friendships we thought would last. And we ache for the arms of a loved one of a time too short lived and of questions left more piercing than a knife. Oh, the questions come hauntingly, pressing your mind, when a loved one takes their own life. In the Circle I dare reach out my hand. In the Circle help me see there's a plan for me. And my story becomes yours as we struggle through the pain. In the Circle, we remember their names. We have daydreams of the future about how we thought it might be, with regrets of conversations that might have been the key. We are angry and confused as we struggle for our breath. Our hearts cry out in anger in what has been labeled a senseless death. We have good days and bad days, and without a trace, in the circle, tears and smiles meet as we gather strength together. Sons and daughters, husbands and wives, brothers and sisters and friendships felt deep in our souls, memories and moments left clinging to us, and questions of how to let go."

~From Survivors of Suicide Website: [www.survivorsof suicide.com](http://www.survivorsof suicide.com)

## Map of the Good Shepherd Episcopal Church:

533 East Main St; Lexington, KY 40508

Good Shepherd Episcopal Church is located on Main Street at Bell Court near downtown Lexington.



### Parking Information:

Parking is available on the streets around Good Shepherd, including Bell Court, Sayre Avenue, and the surrounding streets in the Bell Court neighborhood. There is also parking available in the pink outlined lots on the map above. Please note that there is a lot behind the church that you can access off Sayre Avenue. There is also a large lot available across the street, and you must enter from Kentucky Avenue and exit onto Main Street.

### Youth Suite Room Directions:

Enter Good Shepherd Episcopal Church from the main entrance on Bell Court (see red arrow above). Proceed up the steps and enter the elevator located on the right immediately at the top of the steps. Take the elevator to the basement. Once you exit the elevator, turn to your right, and the Youth Suite will be the room immediately on the right as soon as you exit the elevator.