

Postvention (After a Loss) Support

Have you lost a loved one to suicide?

You are not alone. Support groups are available at no cost to you.



Parent's Heartbeat

For parents who have lost a child to suicide.
1st Thursday evening of every month
Open, drop-in group



Spouse's Heartbeat

For spouses/partners/significant others who have lost a loved one to suicide.
Open, drop-in group



Heartbeat

For any survivor, 14 years or older, who has lost a loved one to suicide.
3rd Tuesday evening of every month
Open, drop-in group



Heart to Heart

For anyone 16 years and older who is a suicide loss survivor. Facilitators walk survivors through the various challenges of suicide loss such as: how to tell your story, dealing with stages of grief, dealing with the emotions and questions that come up, and learning new coping and resilience skills for dealing with grief and loss.
Closed, 8-week group



For more information on how to connect with our support groups, visit NorthRange.org.



SESS is supported by community donations. Visit the North Range profile on ColoradoGives.com to donate.