



307 Norway Ave., Pine River, MN 56474

Bi-weekly Tuesdays 6:15-8:00pm Starting 6/12/18

Our [Grief Support Group](#) is being offered for individuals and families who would like to receive support, and to connect with fellow survivors, a form of HOPE. Trained facilitators, Peers who have experience with loss will lead bi-weekly meetings.

Not meant as professional counseling or therapy.

Even if your loss occurred years ago, it is never too late to seek emotional support through groups, and we welcome you.

"Don't avoid me. Tragedy is not contagious. If you are uncomfortable with me because you don't know what to say, then give me a hug and tell me that you care. Be patient with my moods...If you ask me how I am, be prepared to listen. When I am hurting, I have a great need to talk about my situation with someone who is truly willing to listen."

- Jayne Buckles, *For Families and Friends: A Guide to Helping NICU Parents*

Types of Support Groups **Based on participation we will combine or split groups.*

- Adult survivors of suicide
- Adult survivors of accidental death
- Adult survivors of overdose

Support Groups are FREE of cost, but do require one-time, pre-registration for space and planning purposes.

Please [contact](#) Deanna Steuernagel (612) 840-8216 or DeannaSteuernagel@gmail.com and indicate the following:

1. Name(s) of those attending
2. Phone number where you can be reached
3. Type of group that suits your situation: suicide, accidental death or overdose



Jake's Hope www.jakeshope1994.com & The Warehouse www.thewarehousepr.org are 501c3 organizations if you would like to make a free will donation or if you are interested in other ways we serve the communities please ask.

Group dates: June 12th & 26th, July 10th & 24th, Aug. 7th & 21st, Sept. 4th & 25, Oct. 9nd, 23th, Nov. 6th & 27th and Dec. 11th and then a break for Holidays resume January 8th, 2019.