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Support Group for Survivors After Suicide

- **HAVE YOU LOST A LOVED ONE TO SUICIDE?**
- **DOES THIS SUICIDE FEEL LIKE THE MOST DEVASTATING TRAUMA YOU'VE EVER EXPERIENCED?**
- **DOES IT FEEL LIKE YOU'LL NEVER BE THE SAME AGAIN?**
- **DO YOU FEEL LIKE NO ONE COULD POSSIBLY UNDERSTAND YOUR PAIN?**
- **ARE YOU RIDDLED WITH GRIEF, GUILT, REGRET, SHOCK, ANGER, DEPRESSION AND PERHAPS EVEN RELIEF?**
- **DO YOU WONDER "WHAT IF....?" OVER AND OVER AGAIN?**
- **ARE YOU HAVING DIFFICULTY CONCENTRATING, FOCUSING, SLEEPING, WORKING, CARRYING OUT BASIC TASKS, OR EVEN RELATING TO OTHERS AS A RESULT OF THIS TRAUMA?**

If you have experienced the loss of a loved one to suicide, the support of others who have shared similar experiences will be critical to your healing. Recovery from this type of loss is a slow, lengthy process, but it is possible!

To join a weekly support group facilitated by a licensed psychotherapist in a confidential, safe, supportive environment, please call:

Terry Jordan, LCSW at (310) 859-2241.