



Accepting the Unacceptable

Recovering from the loss of a loved one by suicide

A 6-week Grief Counseling Group

Thursdays, September 2 - October 14, 2010

6:30 pm - 8:00 pm in downtown Santa Rosa • \$35/session

707-527-9822 for more info

“Suicide is a death like no other, and those who are left behind to struggle with it must confront a pain like no other”

- Kay Redfield Jamison, Ph.D.

Night Falls Fast: Understanding Suicide

The death of a loved one is never easy, but suicide has a unique aftermath. The complicated grief suicide survivors often experience is characterized by overwhelming feelings of guilt, anger, helplessness and hopelessness. Depression and anxiety may result if the grief remains unaddressed and unresolved.

If you have lost someone to suicide and need help, please call to learn more. Groups are limited in size, safe, and confidential.

Facilitated by Myra J. Mayesh, MFT

I am a licensed Marriage and Family Therapist and an experienced grief counselor who specializes in suicide loss. I have led groups on grief, anger management, and caregiver support throughout Sonoma County. I have a private practice in Santa Rosa where I counsel adults, teens, couples, and families. I lost my own mother to suicide and know all too well how difficult the grief process can be. I was helped by attending a group - and now have the opportunity to help others in a similar way.

To sign-up or schedule an appointment, call 707-527-9822 or visit my website www.mayeshcounselingservices.com

