



Have you lost a loved one to suicide?

You are not alone. Gain insight and find hope by meeting other suicide loss survivors.

The Finnish non-profit organization Surunauha ry (*Grief ribbon*) holds an **English-language gathering for those who have lost loved ones to suicide**. The gathering takes place on the 5th of May 2018 in the Clubroom of cultural centre Stoa in Itäkeskus at 1 pm. If you have lost a loved one by suicide or are otherwise interested in our organization or the topic of suicide loss, please feel welcome to participate.

The program of the meeting includes a keynote speech by a licensed and registered psychotherapist Antti Ervasti on the topic of suicide loss, a presentation from an expert by experience from one of our trained volunteers, information on suicides in Finland and how suicide affects the survivors, an introduction of available support and open discussion.

You are free to share your experience, or you can participate just by listening. Present in the gathering are Surunauha's trained peer supporting volunteers Jennina, Sanna and Laura, and volunteer coordinator Teppo Kupias from Surunauha's office. Light snacks will be provided. The entry is free but please let us know you are coming by texting our office 0447519916 or by email at toimisto@surunauha.net.

Surunauha is a peer support organization that offers support groups, an online support forum, a peer support telephone and individual peer support for suicide loss survivors. Our functions are currently mainly in Finnish, with some Swedish-language meetings, but we are considering including more peer support in English in the future. More information: <https://surunauha.net/en-sv/>

