

# ComPASS Support Group

(Communicating the Pain as Suicide Survivors): Navigating the Ocean of Grief After the Suicide Death of a Loved One

**Mission:** To provide a safe place of support, understanding and education during the journey of loss following the suicide death of a loved one.

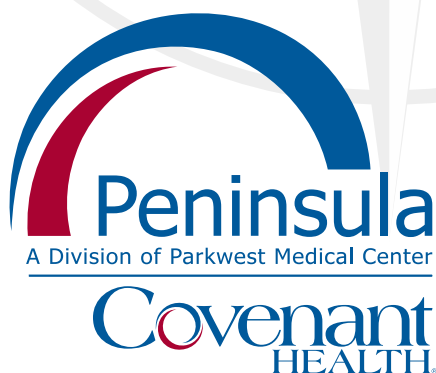
**When:** The 2nd Monday of each month from 6:00 p.m. – 7:30 p.m., at Peninsula Outpatient Clinic in Knoxville, located at 1451 Dowell Springs Boulevard (lower level entrance).

**Group Members:** This support group is an ongoing group for those who have lost a family member, friend or co-worker to suicide. It is not appropriate for someone who has survived a suicide attempt.

## Support Group Objectives:

- To provide a safe environment for survivors to share feelings & experiences.
- To educate survivors in healthy coping & healing strategies.
- To provide opportunities to learn from struggles & victories of other survivors.
- To affirm & “normalize” suicide bereavement.

The support group is being facilitated by Mark Potts, Director of Clinical Services at Peninsula. Any questions about the group can be directed to Mark at (865) 374-7106 or [mpotts@covhlth.com](mailto:mpotts@covhlth.com).



*"Saving Lives in Tennessee"*