



The João José 'John' Santos Charitable Organization
A N.J. non-profit corporation

bringing depression and suicide prevention into the spotlight!

from **STIGMA** to **EDUCATION**

A educação é a chave para a compreensão da doença!
www.thejohncharitable.org

2019 | SUICIDE BEREAVEMENT SUPPORT GROUPS

You are not alone!! Suicide affects millions of people each year!! JJJSCO provides an opportunity for those who grieve a suicide loss to participate in our free support groups and connect with other survivors. We believe that by sharing, discussing, talking about your loved one definitely helps in coping with the loss.

Our suicide bereavement support groups are held at the Bridgewater Library in Conference Room C on the following Mondays:

January 21st | February 18th

Time: 3:00pm – 5:00pm

March 18th | April 22nd | May 27th

Time: 6:30pm – 9:00pm

{Bilingual support/resources are available (Portuguese/Spanish)}

For more details, please contact Augusta Santos: 908.938.0392 / johncharitable@aol.com

Educating for a healthy tomorrow; one person, one family, one community at a time!
P.O. Box 234 ~ Raritan, NJ 08869 ~ 908.938.0392 ~ www.thejohncharitable.org