

Certificate of Support Group Completion

Be it known that on this day, _____ has completed the Understanding Your Suicide Grief Support Group and has immersed himself or herself in the ten essential Touchstones for finding hope and healing his or her heart:

Touchstone One—Open to the Presence of Your Loss

Touchstone Two—Dispel the Misconceptions about Suicide and Grief and Mourning

Touchstone Three—Embrace the Uniqueness of Your Suicide Grief

Touchstone Four—Explore Your Feelings of Loss

Touchstone Five—Recognize You Are Not Crazy

Touchstone Six—Understand the Six Needs of Mourning

Touchstone Seven—Nurture Yourself

Touchstone Eight—Reach Out for Help

Touchstone Nine—Seek Integration—Not Resolution

Touchstone Ten—Appreciate Your Transformation

You have given and received support from fellow group members. Your presence and sharing of your experience with suicide grief have touched the lives of many, and for that we are grateful. We wish you continued healing and hope for a renewed purposefulness and happiness in life.

Group Facilitator

Date

This support group model is based on the work of Dr. Alan D. Wolfelt as outlined in his book *Understanding Your Suicide Grief*. www.centerforloss.com