NOV. 17 SURVIVOR DAY: WHEN SUICIDE SURVIVORS GATHER FOR COMFORT, UNDERSTANDING

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Reaching out can change your life.

That's what organizers behind the International Survivors of Suicide Loss Day are hoping will happen on Saturday, Nov. 17.

A local event will be held in Oakville at Shaarei-Beth El Congregation of Halton, 186 Morrison Rd. from 4 to 8 p.m.

Loss Day is the one day a year when people affected by suicide loss gather in their to find comfort and gain understanding as they share stories of healing and hope. Survivor Day was created in 1999 and since then has been sponsored and supported by the American Foundation for Suicide Prevention (AFSP).

In 2016 there were more



Shaarei-Beth El Congregation of Halton, 186 Morrison Rd. will hold an International Survivors of Suicide Loss Day. at 4 p.m. on Nov. 17.

than 350 locally organized events held throughout the U.S., and around the world.

This year's gatherings will include a screening of AFSP's documentary A Daughter's Journey: A Story of Healing and Hope, and the followup featurette, The Journey Revisited.

A Daughter's Journey follows Sarah, a young adult through her story of milestones, family, coping and positive growth after the loss of her father. The film shares hope, connection and resilience in the aftermath of a suicide loss.

For many loss survivors, attending a Survivor Day event is an opportunity to discover that they are not alone in their experience of losing someone they know and love to suicide.

For those who are unable to attend a Survivor Day event in person, AFSP hosts a Survivor Day program online at afsp.org/SurvivorDay.

To learn more about International Survivors of Suicide Loss Day, go to afsp.org/SurvivorDay or email Events.Heart-

ache2Hope@gmail.com for further details; cost to attend is \$15. To register please follow the following link: https://afsp.org/survivor_day/oakville-ontariocanada/.





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