

Support Groups

-more groups will be added-

Group descriptions are posted at

www.liveforthomas.org/support-groups

Monday

DivineQuest: Navigating Identity with Faith, 1st Monday of the month, 4pm-5pm. Ages 13-18.

Facilitator: Laura Dahl, MPA, MA, LCPC

Find Your Sunshine: Navigating the Loss of a Child Who Died by Suicide. 3rd Monday of the month, 6pm-7:15pm. Facilitator: Amy Ocasio, DSocSci, LCPC, NCC

**Although Amy is a clinician she will be facilitating this group as a mother who has lost her son, Thomas, to suicide.*

Tuesday

Men's Mindful Mental Health Group: 2nd Tuesday of the month, 1pm-2pm.

Facilitator: Jordan Lally of the Ed Lally Foundation.

Suicide Loss Support Group: 2nd Tuesday of the month, 2pm-3pm.

Facilitator: Jordan Lally of the Ed Lally Foundation.

LiftedHearts-Elevating Caregivers of Mental Health Warriors: 1st Tuesday of the month, 6:30pm-7:30pm.

Facilitator: Laura Dahl, MPA, MA, LCPC

Adolescent Grief Group: 3rd Tuesday of the month, 6pm-7pm. Ages 13-18.

Wednesday

Adolescent Life Group: 2nd & 4th Wednesday of the month, 5pm-6pm. Ages 13-18.

Facilitator: April Maenner, LCSW-C

Thursday

Battle Buddies: 4th Thursday of the month, 6pm-7pm. Ages 18+

Facilitator: Varies.

SCAN HERE to register.

*Registration not required; however,
it is encouraged.*

