

2024 Suicide Loss Survivors Support Groups

Suicide Prevention Service of the Central Coast

To learn how to join a group, call our offices at 831-459-9373 ext. #5 or email: sps24hr@fsa-cc.org. Currently our groups are for adults 18 and over; please call us to learn about resources for youth.

Suicide Loss Survivors - IN PERSON

Santa Cruz -- First Wednesday of the month

Ben Lomond -- Second and Fourth Tuesday of the month

Soquel- One Thursday a month

Suicide Loss Survivors - VIRTUAL

Third Wednesday of the month

Thursdays the week after the Wednesday virtual group

Date	Day	Group	Time	Location
10/16	Wednesday	Suicide Loss Survivors - Santa Cruz	7:00pm - 8:30 pm	Virtual via Zoom
10/22	Tuesday	Suicide Loss Survivors - Ben Lomond	7:00pm - 8:30 pm	In Person
10/24	Thursday	Suicide Loss Survivors - Monterey/San Benito	10:00am - 11:30am	Virtual via Zoom
10/31	Thursday	Suicide Loss Survivors- Soquel	11:00am- 12:30pm	In Person
11/6	Wednesday	Suicide Loss Survivors - Santa Cruz	7:00pm - 8:30 pm	In Person
11/12	Tuesday	Suicide Loss Survivors - Ben Lomond	7:00pm - 8:30 pm	In Person
11/20	Wednesday	Suicide Loss Survivors - Santa Cruz	7:00pm - 8:30 pm	Virtual via Zoom
11/21	Thursday	Suicide Loss Survivors- Soquel	11:00am- 12:30pm	In Person
11/26	Tuesday	Suicide Loss Survivors - Ben Lomond	7:00pm - 8:30 pm	In Person
11/28	Thursday	NO MEETING--THANKSGIVING DAY	X	X
12/4	Wednesday	Suicide Loss Survivors - Santa Cruz	7:00pm - 8:30 pm	In Person
12/10	Tuesday	Suicide Loss Survivors - Ben Lomond	7:00pm - 8:30 pm	In Person
12/18	Wednesday	Suicide Loss Survivors - Santa Cruz	7:00pm - 8:30 pm	Virtual via Zoom
12/19	Thursday	Suicide Loss Survivors- Soquel	11:00am- 12:30pm	In Person
12/26	Thursday	Suicide Loss Survivors - Monterey/San Benito	10:00am - 11:30am	Virtual via Zoom