

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 - Santa Cruz County

(previously known as WINGS):
1st and 3rd WEDNESDAYS

Suicide Loss Survivors - Monterey/San Benito

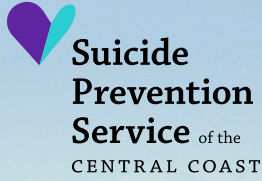
(previously known as LOSS):
THURSDAYS following the last WINGS meeting of the month.

Date	Day	Group	Time	Location
1/3	Wednesday	Suicide Loss Survivors - Santa Cruz County	7:00pm - 8:30 pm	In Person
1/17	Wednesday	Suicide Loss Survivors - Santa Cruz County	7:00pm - 8:30 pm	Virtual via Zoom
1/25	Thursday	Suicide Loss Survivors - Monterey/San Benito	10:00am - 11:30am	Virtual via Zoom
2/7	Wednesday	Suicide Loss Survivors - Santa Cruz County	7:00pm - 8:30 pm	In Person
2/21	Wednesday	Suicide Loss Survivors - Santa Cruz County	7:00pm - 8:30 pm	Virtual via Zoom
2/29	Thursday	Suicide Loss Survivors - Monterey/San Benito	10:00am - 11:30am	Virtual via Zoom
3/6	Wednesday	Suicide Loss Survivors - Santa Cruz County	7:00pm - 8:30 pm	In Person
6/20	Wednesday	Suicide Loss Survivors - Santa Cruz County	7:00pm - 8:30 pm	Virtual via Zoom
3/28	Thursday	Suicide Loss Survivors - Monterey/San Benito	10:00am - 11:30am	Virtual via Zoom
4/3	Wednesday	Suicide Loss Survivors - Santa Cruz County	7:00pm - 8:30 pm	In Person
4/17	Wednesday	Suicide Loss Survivors - Santa Cruz County	7:00pm - 8:30 pm	Virtual via Zoom
4/25	Thursday	Suicide Loss Survivors - Monterey/San Benito	10:00am - 11:30am	Virtual via Zoom

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THURSDAYS following the last WINGS meeting of the month.

Date	Day	Group	Time	Location
5/1	Wednesday	Suicide Loss Survivors - Santa Cruz County	7:00pm - 8:30 pm	In Person
5/15	Wednesday	Suicide Loss Survivors - Santa Cruz County	7:00pm - 8:30 pm	Virtual via Zoom
5/23	Thursday	Suicide Loss Survivors - Monterey/San Benito	10:00am - 11:30am	Virtual via Zoom
6/5	Wednesday	Suicide Loss Survivors - Santa Cruz County	7:00pm - 8:30 pm	In Person
6/19	Wednesday	Suicide Loss Survivors - Santa Cruz County	7:00pm - 8:30 pm	Virtual via Zoom
6/27	Thursday	Suicide Loss Survivors - Monterey/San Benito	10:00am - 11:30am	Virtual via Zoom
7/3	Wednesday	Suicide Loss Survivors - Santa Cruz County	7:00pm - 8:30 pm	In Person
7/17	Wednesday	Suicide Loss Survivors - Santa Cruz County	7:00pm - 8:30 pm	Virtual via Zoom
7/25	Thursday	Suicide Loss Survivors - Monterey/San Benito	10:00am - 11:30am	Virtual via Zoom
8/7	Wednesday	Suicide Loss Survivors - Santa Cruz County	7:00pm - 8:30 pm	In Person
8/21	Wednesday	Suicide Loss Survivors - Santa Cruz County	7:00pm - 8:30 pm	Virtual via Zoom
8/29	Thursday	Suicide Loss Survivors - Monterey/San Benito	10:00am - 11:30am	Virtual via Zoom



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Suicide Loss Survivors - Monterey/San Benito

(previously known as LOSS):
THURSDAYS following the last WINGS meeting of the month.

Date	Day	Group	Time	Location
9/4	Wednesday	Suicide Loss Survivors - Santa Cruz County	7:00pm - 8:30 pm	In Person
9/18	Wednesday	Suicide Loss Survivors - Santa Cruz County	7:00pm - 8:30 pm	Virtual via Zoom
9/26	Thursday	Suicide Loss Survivors - Monterey/San Benito	10:00am - 11:30am	Virtual via Zoom
10/2	Wednesday	Suicide Loss Survivors - Santa Cruz County	7:00pm - 8:30 pm	In Person
10/16	Wednesday	Suicide Loss Survivors - Santa Cruz County	7:00pm - 8:30 pm	Virtual via Zoom
10/24	Thursday	Suicide Loss Survivors - Monterey/San Benito	10:00am - 11:30am	Virtual via Zoom
11/6	Wednesday	Suicide Loss Survivors - Santa Cruz County	7:00pm - 8:30 pm	In Person
11/20	Wednesday	Suicide Loss Survivors - Santa Cruz County	7:00pm - 8:30 pm	Virtual via Zoom
11/28	Thursday	NO MEETING--THANKSGIVING DAY	X	X
12/4	Wednesday	Suicide Loss Survivors - Santa Cruz County	7:00pm - 8:30 pm	In Person
12/18	Wednesday	Suicide Loss Survivors - Santa Cruz County	7:00pm - 8:30 pm	Virtual via Zoom
12/26	Thursday	Suicide Loss Survivors - Monterey/San Benito	10:00am - 11:30am	Virtual via Zoom

