

Finding Hope After Loss: Suicide Survivor Support Group

Hosted by Murray Kast, LPC, and Sponsored by the Hays County L.O.S.S. Team

For Whom: The group is open to individuals in Hays County who have lost a loved one to suicide.

What is it: The suicide survivor support group is designed to help individuals who have lost a loved one to suicide come to terms with the loss and find their way forward through life.

When do sessions start: The first session will be Monday, August 6th, at 6:30 p.m. The group will meet the first and third Monday of every month at the CTMC Family Grief Center.

Where does this take place: The group will meet at the Family Grief Center. The address is 1315 I-35 South. Groups start at 6:30 p.m.

What is the purpose of the group: Suicide is a traumatic event that impacts people in numerous ways. It can be an isolating and shameful experience to those who are left behind. We want to open a space up for people who have lost a loved one to find connection, understanding and healing through meeting others with a similar experience. We want to create the time and space to process grief in an open, non-judgmental environment.

Our Facilitator: Murray Kast, LPC, is the Grief Counselor at CTMC Hospice in San Marcos. For the past 9 years at CTMC, he has been directly involved with assisting hospice patients and their families on their grief journey. He has facilitated numerous support groups to include: Life after Loss, Cancer Loss, Suicide (survivor) Support, Primary Caregivers Support, and Spirituality Groups. Murray has also had formal chaplaincy training and works part time in that capacity at CTMC Hospital.

Our Sponsor: L.O.S.S. stands for Local Outreach to Suicide Survivors. Members of L.O.S.S. are volunteers who have been touched by suicide themselves and have received intensive training. The L.O.S.S. team immediately offers resources and support to those who have been impacted by suicide in Hays County.

For more information regarding the group or requesting to join, please contact Murray Kast at murray.kast@ahss.org or call him at 512-754-0322.

For more information about the Hays County L.O.S.S. Team, please contact Dawn Brunkenhoefer, PHD, LPC, at (512) 392-7151.