



Men's Support Group

Navigating the challenges
and grief of life after a suicide loss

Join Forest View Hospital, i understand and Mosaic Counseling for our monthly men's support group. Through the collaboration of professional counseling and the sharing of lived experiences, we offer a unique and balanced support group designed to help men cope with the loss of a loved one and the challenges that come with it.

The men's support group meets the second Monday of each month from 6:30 pm to 8:00 pm at Forest View Hospital.



Please register at iunderstandloveheals.org or on the [i understand](#) or [Mosaic Counseling Facebook event page](#). The meeting address and room will be listed on the event pages.

Why We Meet

The purpose of our men's support group is to provide men with a safe, nonjudgmental environment from the viewpoints of both lived experience and a trained counselor. One at a time, each group member shares updates about his life with the group. The group members support one another by offering feedback and perspective on whatever issues they may face.

Men often attend groups to discuss matters they are not comfortable talking about with the people in their lives, possibly out of embarrassment or shame. They may find comfort in talking to others who understand their situation, or they may not want to burden friends and family with the problems they face.

We recognize that talking about mental health, difficult situations and pain is not always easy. We are here to listen, provide support and help you understand that you are not alone.



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Physicians are on the medical staff of Forest View Hospital, but, with limited exceptions, are independent practitioners who are not employees or agents of Forest View Hospital. The facility shall not be liable for actions or treatments provided by physicians. Model representations of real patients are shown. For language assistance, disability accommodations and the nondiscrimination notice, visit our website. 241557-2631 9/24