



*In memory of my beloved husband  
20 Sept 1956 – 21 Oct 2016*

In addition to the support groups we're presently offering, we are developing a drop-in center at the same location (189 B Main St, in Lewiston ME).

That drop in center will welcome those living with extreme emotional/psychic and/or physical pain coupled with hopelessness, and will be a resource for families and friends fearing for the life of, or grieving the loss of, the person they love so much.

My husband was a true warrior, fighting demons no one else could see. I thought he was the strongest man in the world. And perhaps he was, but tragically, the demons got the better of him.

The name of this project is in no way intended to be reflective of, or piggy back off, Wounded Warriors which serves those wounded after September 11, 2001.

Like too many others, this wonderful, loving, amazing, talented man was a warrior long before then.

## THE WARRIOR PROJECT

<https://warrior-project.org>  
189 B Main Street, Lewiston ME 04240

*For scheduled evening support groups,  
please enter through the back door,  
which is off the alley on Park Street, just after  
Heritage Books & Maps at 5 Park Street.*

*FMI during the daytime, please text  
207 713 0674 or 207 740 2247,  
or call and leave a message. We will get back to  
you as quickly as possible.*

**The Warrior Project is NOT an emergency  
program or service.**

In the event of a crisis, please call  
**911**

Maine Crisis Hotline:  
1-888-568-1112

National Suicide Prevention Hotline:  
800-273-8255

Veterans Suicide Hotline:  
800-273-8255

Domestic Violence Hotline:  
800-799-7233

*Hope is being able to see  
that there is light despite  
all of the darkness.*

*— Desmond Tutu*

Are you in emotional, psychic or physical pain?

Are you exhausted from dealing with this every hour of every day?

Have you lost hope in the future?

Do you entertain thoughts that everyone would be better off without you?



**We don't have all the answers.**

**But we can offer hope.**

**And that's like an answer.**

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## Suicide Survivors Grief Group

For those grieving the loss of a loved one by suicide.

We welcome those who have recently lost someone to suicide, or those who are still feeling the impact even years later. It is a place to share your grief and learn how to live again by learning from others who have been through a similar experience.

The Suicide Survivors Grief Group meets most Tuesdays from 6:00 pm - 7:30 pm at **The Warrior Project**, 189 B Main Street, Lewiston ME 04240.

## Living with Emotional/Psychic and/or Physical Pain Group

For those who are sick and tired of feeling sick and tired of their emotional, psychic and/or physical pain.

A typical member would be someone who for all intents & purposes is considered "high functioning", who is not part of the State's mental health system, and about whom nearly everyone would say "I had no idea s/he was in such a world of hurt".

We meet most Saturdays from 6:00 pm - 7:30 pm at **The Warrior Project**, 189 B Main Street, Lewiston ME 04240.

## Some Group Guidelines

These are not therapy groups. They are support and self-help groups, meaning we should be able to support each other and learn from one another.

The goal is to keep our groups as positive as possible, while also acknowledging that the topics we're dealing with are often very painful and could trigger difficult thoughts, feelings and/or behaviors in other group members or ourselves. The groups are a safe place to talk, cry or even scream. They're also a safe place to stay silent if that's what you need right now.

We will share experiences and ways of managing the grief and/or pain you're living with in a safe, upbeat environment unlike what most people think of when they hear the words "support group".

Of course anything said in our groups is expected to be held confidential and not to be disclosed outside the group in any manner that could identify a member.

*Our support groups are all non-religious in nature, and are facilitated by a loss survivor/social worker.*

*The groups are free, although donations to cover the cost of coffee, hot chocolate, cookies, etc are definitely appreciated.*

*From Main Street, turn onto Park Street. Please enter through the back door off the alley, right after Heritage Books & Maps, 5 Park St in Lewiston ME 04240. There will be a sign posted on the door.*

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*We expect to offer grief groups for children & teens soon.*

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The death of a spouse or another family member can be devastating in multiple ways, leaving survivors with responsibilities and new tasks that seem endless. Warrior Project staff have experience wading through it all... closing out accounts, collecting belongings from work, putting together a Celebration of Life, organizing personal possessions, dealing with funerals and/or cremations, getting Social Security, death certificates and/or medical records, handling visitors, and much more. Call us for help.

*If you haven't attended a group recently, please check our website or call us to make sure we will be meeting (unexpected events do sometimes happen).*

**FMI: Call or text 207 713 0674 or 207 740 2247, or email Linda at [LSnyder@regroupbiz.com](mailto:LSnyder@regroupbiz.com).**