



The Starfish holds characteristics such as guidance, vigilance, inspiration, brilliance and intuition. They are resilient—you can't keep a Starfish down! They regenerate their limbs if one breaks off. Like a Starfish, you have many options to weigh and decisions to make as you go on after loss.

The wise person considers the Starfish and its' resiliency – managing what life brings our way. We can have a positive attitude, recognize our uniqueness and the ability each of us has to make a difference.



Adairsville Church of God
297 Old Dixie Hwy. NW
Adairsville, GA 30103

The church is 1.5 miles north of the Hwy. 140 and Hwy. 41 junction in Adairsville.
Turn left off of Hwy. 41 onto small access road (or Old Dixie Hwy.)

The Starfish Project:

Family Support Groups

After Suicide



Sponsored by
Bartow Collaborative,
Rome-Floyd Healing Hearts and
Gordon SOS/Survivors of Suicide

Have you lost a loved one to suicide?

Has it been difficult for your family to go on after your loss?

What is The Starfish Project?

The Family Starfish Project is a **FREE** six-week program—a series of six 90 minute sessions. The group offers a safe environment for support and healing after the loss of a loved one. The group can provide connection with other children and families experiencing a similar situation that can help normalize what can feel like a crazy situation. Groups can also help relieve some of the isolation that may be a byproduct of a death by suicide. The focus will be on shared problem-solving and shared resources.

This is a “closed” group—once the group starts, no new attendees will be registered or attend.

Group work will include a light supper to start the evening. We will proceed to the definition and understanding of the process of grief as well as to identify individual coping strategies. While grieving styles may be very different, there are certain specific tasks that are natural to the process of mourning. The group will include family group work as well as activities tailored to specific age groups. ALL family members can participate! We simply ask for your commitment to attend all six FREE sessions.

Going on after loss ... like a starfish.

A key factor in healing after any type of trauma is the ability to ‘bounce back’ or to be resilient. The group curriculum focuses on and reinforces the importance of building individual and family resiliency skills, especially in the aftermath of a family suicide.

How does it work? Content for the group sessions is provided in a nationally acclaimed curriculum model. The group will meet at the Adairsville Church of God, Hwy 41, just north of Adairsville. Meetings will be on Thursday evenings from 6:00—7:30 p.m. We are planning to start the sessions on Thursday, September 12th, and run for six weeks ending on October 17th. Registration is required.

Who runs the groups? The Family Starfish Project facilitators are professionals and volunteers (many of whom are survivors themselves) from Bartow, Floyd, and Gordon Counties. They were trained in the G.O.A.L.’s and Starfish Project curriculum which included grief theory from developmental and family perspectives, the unique survivor journey, the complications of suicide grief, and the group process, especially related to running groups for children. The training was conducted by the creator of the model, Maureen Underwood, and was brought to Georgia and made available to our community by the State of Georgia’s Department of Behavioral Health and SPAN-GA.

Who can attend? The Starfish Project is designed for mothers, fathers, siblings, sons, grandparents, and aunts, even best friends – whoever mean family to you. Families can



share their feelings of loss and grief with each other, with trained counselors, and other families in similar situations. Facilitators are trained in grief and bereavement issues. In addition, specially trained volunteers are present throughout the sessions to listen, talk and support attendees whatever their age.

How does my family register?

Complete a registration form and submit to Gordon SOS/Survivors of Suicide via fax 706-625-8963.

Call 706-602-5139 or email gordonsos@gordonconnection.org for more information or for a registration form.

Registration forms are also available at www.gspin.org/thestarfishproject