



# MOVE WARD NETWORK

The Move4Ward Network offers a virtual support group specifically for women who have lost a spouse or life partner to suicide.

**The group meets via Zoom on the last Wednesday of every month from 6-7:00pm.**

Members of the group find strength in each other's stories, validation in their shared experiences, and comfort in knowing that they are not alone. The group provides a safe and supportive space for women to share their journey through loss and lean on each other as they navigate the "new normal" of their lives.

The Move4Ward Network also offers an in-person group for anyone 18+ impacted by suicide loss. **The group meets on the second Saturday of every month from 10:30-11:30am at Call2Talk, 46 Park Street, 4th floor, Framingham, MA 01702.**

The group provides a safe space for loss survivors to connect with a community of their peers, share stories and insights, process grief and find solace with those who have also experienced this complex type of loss. Sharing feelings and experiences within a group that truly understands, without judgement, can help ease emotional distress and feelings of isolation.

# Frequently Asked Questions

## Who runs the group?

Each group is facilitated by long-term suicide loss survivors. The in-person group is also run by a clinical social worker. Together, our co-facilitators create a compassionate, safe space where participants can share openly without judgment. They understand, from personal and professional experience, how healing it can be to connect with others who have experienced similar loss. These are peer-to-peer support groups, not a substitute for professional mental health counseling.

## Do I have to register to join?

Virtual Group: Yes, a brief online registration form is required so we can share the secure Zoom link each month. Please visit [Mass211.org/4ward](https://www.mass211.org/4ward) to register.

In-Person Group: No registration is needed—just come when you're able. There is no fee for either group.

## Can I just listen?

Absolutely. Members are encouraged to participate in whatever way feels most comfortable. Whether you choose to speak or just listen, you are welcome. When you're ready to share, the group will be there to listen and support you.

## What can I expect from this group?

Each meeting begins with a brief review of group guidelines to ensure a safe, respectful, and supportive environment. The tone is warm, understanding, and free of judgment. Some participants attend regularly, while others join when their schedules allow. Members range from those newly bereaved to others further along in their grief journey, creating a meaningful balance of insight, empathy, and support.