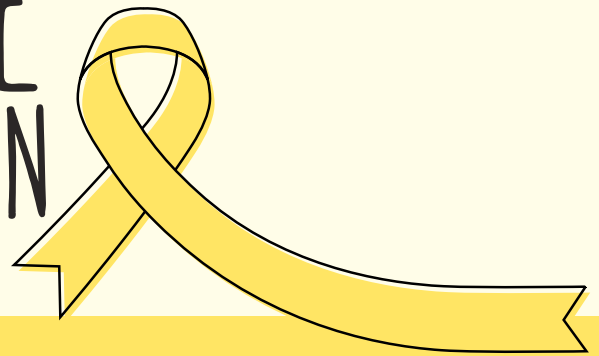




# CREATING HOPE THROUGH ACTION

Spring 2026 Edition



[WWW.SARNIALAMBTONSUICIDEPREVENTION.COM](http://WWW.SARNIALAMBTONSUICIDEPREVENTION.COM)



## CELEBRATING 10 YEARS OF "SIDE BY SIDE"

This year marks 10 years of the "Side by Side" support group, a space that has provided **comfort, connection, and healing** for individuals navigating the **loss of a loved one to suicide**.

We want to extend our deepest gratitude to Heather and Lisa, whose compassion, dedication, and leadership have made this group what it is today. Their work has touched countless lives in our community. As we reflect on this milestone, we are also taking time to thoughtfully consider the future direction of the group. We remain committed to ensuring that this support continues in a meaningful and sustainable way.

Stay tuned for updates in the coming months.



*This group has been a guiding light through the darkness of grief, offering compassion, understanding, and a path toward healing after loss by suicide. - Isabelle*

## COMMUNITY EVENTS

We are planning a **Youth Suicide Prevention Forum**, sponsored by **Talk for Tamara!**

👉 Stay tuned for more details and a Save the Date to come!

# BUILDING A SUICIDE-SAFER COMMUNITY

Education remains at the heart of what we do.

We continue to offer safeTALK training, equipping community members with the skills and confidence to recognize when someone may be struggling and how to connect them to support.

Interested in attending a future session?  
Reach out to us to learn more.

## OUR COMMUNITY SUPPORTERS



Thank you to **Lori Lumley and the Talk for Tamara Fund** for their generous donation of **\$6,400!**

A big shout out to **Senor Tito**, a local Tattoo Artist who donated **\$500** in honour of World Suicide Prevention Day!



## SUPPORTING OUR WORK AS A REGISTERED NON-PROFIT

Earlier this year, we were proud to share that the Sarnia Lambton Suicide Prevention Committee is now a registered non-profit organization. We are now able to **accept both personal and corporate donations** and provide official tax receipts, helping us strengthen and sustain our suicide prevention efforts across Sarnia-Lambton.

 Stay tuned for more ways to get involved and support our work.