

Program for bereaved individuals or those supporting bereaved individuals who have been impacted by suicide loss:

# EXPLORING GUILT IN SUICIDE BEREAVEMENT

Presented by Rebecca Sanford, PhD, RCSW, RCC



**Tuesday, February 24, 2026**

**Virtual Program: 4pm(PT)/ 5pm(MT)/ 6pm(CT)/ 7pm(ET)**

**In-Person Livestream: 4:30 PM at HeartLight Center**

(11150 E. Dartmouth Avenue Aurora, CO 80014)

After a suicide death, people left behind commonly question what they did or didn't do, what was said or left unsaid, and what they might have missed. In retracing the steps and trying to make sense of what has happened, many people who have lost someone to suicide experience feelings of responsibility and guilt. And sometimes guilt can become a catchall word for any negative feelings one has about themselves as it relates to the loss.

**This presentation is intended to support people who have lost someone to suicide and are experiencing guilt related to the loss. The presentation offers an opportunity to expand your understanding of guilt and reconsider your relationship to it.**

## In this presentation, we will explore:

- What guilt is and is not
- Thoughts and feelings involved in guilt
- Common sources of guilt in suicide bereavement
- The impact of guilt on the grief process
- Questions, prompts, and activities to support exploration of guilt in the service of healing
- If you choose to join us for an in-person Livestream gathering at the HeartLight Center we will watch this presentation together and engage in a community discussion to debrief and receive support. Light refreshments provided.

## Register for Either In-Person or Virtual:

Scan



Call:  
720-748-9908

Email:  
[info@heartlightcenter.org](mailto:info@heartlightcenter.org)



720-748-9908

[info@heartlightcenter.org](mailto:info@heartlightcenter.org)

[www.heartlightcenter.org](http://www.heartlightcenter.org)

Website

HeartLight  
Center