

SURVIVORS OF SUICIDE LOSS SUPPORT GROUP

2023 Schedule

The Survivors of Suicide Loss Bereavement Support group is a support group for adults who have lost a family member or friend to suicide. Group facilitators are trained in specific suicide bereavement support and have lost a loved one to suicide.

JANUARY 18, 2023
7:00 - 9:00 P.M.

FEBRUARY 15, 2023
7:00 - 9:00 P.M.

MARCH 15, 2023
7:00 - 9:00 P.M.

APRIL 19, 2023
7:00 - 9:00 P.M.

MAY 17, 2023
7:00 - 9:00 P.M.

JUNE 21, 2023
7:00 - 9:00 P.M.

JULY 19, 2023
7:00 - 9:00 P.M.

SEPTEMBER 20, 2023
7:00 - 9:00 P.M.

OCTOBER 18, 2023
7:00 - 9:00 P.M.

NOVEMBER 15, 2023
7:00 - 9:00 P.M.

DECEMBER 20, 2023
7:00 - 9:00 P.M.

PLEASE NOTE: THESE TIMES ARE IN
EASTERN STANDARD TIME

Group Guidelines and Principles:

- There is healing in talking about our feelings, and comfort in knowing we are not alone
- We encourage all members to share openly, however no one should feel pressure to participate. There is also healing in listening
- Group members are respectful of differences in people's needs
- Confidentiality is strictly maintained
- Consider the group as just one source of support. Other forms of support may be helpful, including professional counselling



The group will continue to be offered on a virtual basis in 2023, with an eventual plan to move toward a hybrid format. To register, or for more information please email lill@cmhabhn.ca or call 519-752-2998, ext. 112