



Canadian Mental
Health Association
Brant-Haldimand-Norfolk

Survivors of Suicide Loss Support Group

A support group for adults who have lost a family member or friend to suicide



2019 Schedule

Wednesday, January 16, 2019 at 7:00 p.m.

Wednesday, February 20, 2019 at 7:00 p.m.

Wednesday, March 20, 2019 at 7:00 p.m.

Wednesday, April 17, 2019 at 7:00 p.m.

Wednesday, May 15, 2019 at 7:00 p.m.

Wednesday, June 19, 2019 at 7:00 p.m.

Wednesday, July 17, 2019 at 7:00 p.m.

Wednesday, September 18, 2019 at 7:00 p.m.

Wednesday, October 16, 2019 at 7:00 p.m.

Wednesday, November 20, 2019 at 7:00 p.m.

Wednesday, December 18, 2019 at 7:00 p.m.

Some basic principles of the group:

- There is healing in talking about our feelings and comfort in knowing we are not alone in our grief
- 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

Location:

Stedman Community Hospice, Hankinson House, 445 Grey Street, Brantford
Meeting Room, Second Floor

For more information:

Please contact 519-752-2998, ext. 112