



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



2021 Schedule

Wednesday, January 20, 2021 at 7:00 p.m.

Wednesday, February 17, 2021 at 7:00 p.m.

Wednesday, March 17, 2021 at 7:00 p.m.

Wednesday, April 21, 2021 at 7:00 p.m.

Wednesday, May 19, 2021 at 7:00 p.m.

Wednesday, June 16, 2021 at 7:00 p.m.

Wednesday, July 21, 2021 at 7:00 p.m.

Wednesday, September 15, 2021 at 7:00 p.m.

Wednesday, October 20, 2021 at 7:00 p.m.

Wednesday, November 17, 2021 at 7:00 p.m.

Wednesday, December 15, 2021 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

In response to COVID protocols, the group is currently being offered virtually via Zoom.

To register, or for more information, please contact 519-752-2998, ext. 112 or email lill@cmhabhn.ca