



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



2022 Schedule

Wednesday, January 19, 2022 at 7:00 p.m.

Wednesday, February 16, 2022 at 7:00 p.m.

Wednesday, March 16, 2022 at 7:00 p.m.

Wednesday, April 20, 2022 at 7:00 p.m.

Wednesday, May 18, 2022 at 7:00 p.m.

Wednesday, June 15, 2022 at 7:00 p.m.

Wednesday, July 20, 2022 at 7:00 p.m.

Wednesday, September 21, 2022 at 7:00 p.m.

Wednesday, October 19, 2022 at 7:00 p.m.

Wednesday, November 16, 2022 at 7:00 p.m.

Wednesday, December 21, 2022 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. This may change at some point in the year, when case numbers reduce sufficiently to safely meet in person

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