



# SURVIVORS OF SUICIDE LOSS SUPPORT GROUP

**HYBRID (OFFERED BOTH IN PERSON AND  
VIRTUALLY VIA ZOOM)**

## 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



To register, or for more information please email [lill@cmhabhn.ca](mailto:lill@cmhabhn.ca) or call 519-752-2998, ext. 112  
In person location: CMHA Brant Haldimand Norfolk office,  
(Chelsea Place Building) 44 King Street, Suite 203 (upstairs), Brantford, ON