

Survivors of Suicide Loss Support Group

Offered in a Hybrid Format (in person, or virtually by Zoom)

2025 Schedule

The Survivors of Suicide Loss 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 also lost a loved one to suicide.

2025 dates

- January 15, 2025 from 7 - 9 p.m. EST
- February 19, 2025 from 7 - 9 p.m. EST
- March 19, 2025 from 7 - 9 p.m. EST
- April 16, 2025 from 7 - 9 p.m. EST
- May 21, 2025 from 7 - 9 p.m. EST
- June 18, 2025 from 7 - 9 p.m. EST
- July 16, 2025 from 7 - 9 p.m. EST

There will be no group in August

- September 17, 2025 from 7 - 9 p.m. EST
- October 15, 2025 from 7 - 9 p.m. EST
- November 19, 2025 from 7 - 9 p.m. EST
- December 10, 2025 from 7 - 9 p.m. EST

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



For more information, or to register call 519-752-2998, ext. 112



email lill@cmhabhn.ca



In person: Stedman Community Hospice, Hankinson House, 445 Grey St. Brantford

Virtually: Zoom