



# SURVIVORS OF SUICIDE LOSS SUPPORT GROUP

**HYBRID (OFFERED BOTH IN PERSON, OR  
VIRTUALLY VIA ZOOM)**

## 2024 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 17, 2024  
7:00 - 9:00 P.M.

FEBRUARY 21, 2024  
7:00 - 9:00 P.M.

MARCH 20, 2024  
7:00 - 9:00 P.M.

APRIL 17, 2024  
7:00 - 9:00 P.M.

MAY 15, 2024  
7:00 - 9:00 P.M.

JUNE 19, 2024  
7:00 - 9:00 P.M.

JULY 17, 2024  
7:00 - 9:00 P.M.

SEPTEMBER, 18, 2024  
7:00 - 9:00 P.M.

OCTOBER 16, 2024  
7:00 - 9:00 P.M.

NOVEMBER 20, 2024  
7:00 - 9:00 P.M.

DECEMBER 11, 2024  
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 St. ,  
Suite 203 (upstairs), Brantford, ON or virtually via Zoom