



SUICIDE BEREAVEMENT PEER SUPPORT GROUP

This group is designed for those who have lost someone to suicide, and is open to the spouses, parents, brothers or sisters, adult children and friends left behind.

The Peer format ensures a level of comfort from the fact that each member of the group has been through a similar experience. Suicide and the resulting feelings and emotions are very difficult to deal with, let alone discuss. We think that this group will help individuals find the support they need. It will also help them develop strategies to use while working through this very difficult time.

Groups will take place on the **4th Wednesday of each month** from 7 pm—9pm at The Canadian Mental Health Association—Kingston Branch— 6 Ordnance Street. For more information please call **613-549-7027**.

