

Provincial Group
Virtual (via zoom)
Ages 18+

Suicide Loss Support Group



WHAT TO EXPECT:

- *Be with other survivors of suicide loss in a safe and supportive environment
- *Experience connection with others with similar grief experiences.
- *Space for education and discussion on suicide grief.

DETAILS:

8 Sessions
Wednesdays 1:30-3:30
(island time)

*Start date to be confirmed based on registrations

TO REGISTER:

email - nlgroups@nlhealthservices.ca

Or visit our webpage



Being with others who have experienced a similar loss has proven to break isolation and create long-term networks of support.