



## Lanark Leeds & Grenville Addictions & Mental Health Suicide Bereavement Support Program

Have you lost a family member, loved one or friend by suicide? Do you feel stuck in your grief? This is a grief that can be complicated and feel quite different than other kinds of losses.

This type of loss can have a much more intense and traumatic impact to our thoughts and feelings.

It can affect all areas of our lives such as cultural, spiritual, social, personal relationships and even our physical health.

This group will give you a safe and confidential place to grieve, share, listen and learn from others who have experienced similar losses.

Topics covered will include:

1. Suicide grief vs other grief
2. Unresolved grief and stuck emotions
3. Relationships—impact on family and friendships
4. Coping strategies both positive and negative

**7 Sessions/Weekly support group, final week to end with a vigil. This group is limited to 8 participants for individuals 16 years and older.**

**Next session begins Tuesday, April 9, 2019  
till Tuesday, May 21, 2019**

**Please contact Lanark Leeds & Grenville  
Addictions & Mental Health to register or for more  
information:**

**613-342-2262 or 866-499-8445**

**Ask for Ted ext. 5326 or Shawna ext. 5335**



### RESOURCES

Mental Health Crisis Line  
24 hours:  
1-866-281-2911 OR 613-345-4600

Distress Line  
5:00pm—Midnight  
1-800-465-4442

BGH Grief Resource Centre  
Pam Foster  
613-345-5645 ext. 4415

Suicide Bereavement Support Group  
CMHA Kingston, ON  
613-449-7027

Bereavement Families of Ontario  
613-936-1455

Ottawa Survivors of Suicide Loss  
Support Group  
613-225-3732

Bereaved Families of Ottawa  
(10 week grief bereavement loss  
by suicide group)  
613-567-4278