

Living with Suicide Loss



Group Dates:

5 week group

Tuesdays, 5:30-7 pm

Jan 29 & Feb 5, 12, 19, 26, 2019

No cost to participants

Call to register

Participants:

Maximum 10

Ages 18+

All genders

This Personal Growth Group is for individuals who have lost a loved one to suicide. The focus of this group is to educate and foster discussion surrounding grief and loss, while strengthening coping strategies.

We provide a confidential and safe environment through non-judgmental listening to enhance learning and personal expression.

Contact

Lethbridge Family Services

Counselling, Outreach & Education

John Thompson

403-327-5724, jthompson@lfsfamily.ca

www.lfsfamily.ca