

Living with Suicide Loss



Group Dates:

5 week group

Tuesdays, 5:30-7 pm

May 7, 14, 21, 28 & June 4, 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

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