

# FREQUENTLY ASKED QUESTIONS

## Do I need to pay to join a group?

- Services are provided at no cost to the participants

## Why do I need to attend the intake session before joining a group?

- The intake session is designed to introduce people to the group
- to answer any questions about the program
- give an experience of the group and help people decide if group is what they are looking for

## What if a group is not a good fit for my needs at the time?

- The facilitators will help you explore other options depending on your needs and preferences.

## Do I need to pre-register for the intake session?

- No pre-registration is required
- Attend on any of the intake dates posted

## Who can attend group?

- Any adult who have lost someone they know to suicide

## Where can I get support for my children?

- Other agencies within Edmonton have professionals who are trained and qualified to guide children through the grieving process
- 211 can also help you find the right support for you and your children

## How soon after the loss can I join a group?

- Grieving is a unique experience, you will grieve differently than others
- Since we believe that you know yourself best, we let you make the decision
- The intake session might help you decide whether or not you are ready to join a group

## How many sessions can I attend?

- 3 modules are covered, each within a 4-week period making a total of 12 sessions
- Depending on your availability we would encourage you to attend the full 12 weeks to get the whole experience of exploring your grieving process with the support of others

## What content does the modules cover in group?

- Emotional regulation
- Self-compassion, shame and guilt
- Beliefs and values