

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?

- Pre-registration is required
- Contact Peris at pwasonga@cmha-edmonton.ab.ca or call 780-732-6654 to make arrangements on how to register for 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