**Dates and Modules information**

**Youth Suicide Grief Support Groups ages 12-14 yr olds**

**Information sessions are from 4:30 – 5:30pm on the following dates.**

* September 14, 2023
* October 19, 2023
* November 23, 2023

**Weekly group support sessions are held Thursdays at 4:30pm-5:30pm on the week following the information sessions.**

**Modules and dates:**

* **The Role of Self-Compassion (September 21st 2023-October 12th 2023)**
* **How has loss affected my perspective (October 26th 2023- November 16th 2023)**

**Youth Suicide Grief Support Group ages 15-17 yr olds**

**Information sessions are from 6:30 – 8:00pm on the following dates.**

* September 14, 2023
* October 19, 2023
* November 23, 2023

**Weekly group support sessions are held Thursdays at 6:30pm-8:00pm** **on the week following the information sessions.**

**Modules and dates;**

* **How has loss affected my perspective (September 21st 2023-October 12th 2023)**
* **Understanding and Coping with your Emotions (October 26th 2023- November 16th 2023)**

**Youth Suicide Grief Support Group ages 18-25 yr olds**

**Information sessions are from 5:30 – 7:00pm on the following dates.**

* September 21, 2023
* October 26, 2023
* November 30, 2023

**Weekly group support sessions are held Thursdays at 5:30pm-7:00pm on the week following the information sessions.**

**Modules and dates;**

* **How has loss affected my perspective (September 28th 2023 – October 19th 2023)**
* **Understanding and Coping with your Emotions (November 2nd 2023-November 23rd 2023)**