**Dates and Modules information**

**Modules:**

**Module #1 - Psychoeducation:** The Grieving Cycle, Emotional Literacy (i.e., Identifying and Expressing Emotions), Physiological and Behavioral Changes, and Understanding the Biology of Grief.

**Module #2 - Processing Grief:** Processing Grief Using Different Modalities (i.e. expressive arts, narrative therapy, play based therapy, activity driven)

**Module #3 - Self-Compassion:** Resources, Coping Strategies, Support Network

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

**Information session**

* **September 11th, 2024, at 4:30pm – 6pm**

**Weekly group support sessions are held Wednesdays at 4:30pm-6pm starting September 18th to December 4th, 2024**

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

**Information session**

* **September 11th, 2024, at 6:30 – 8:00pm**

**Weekly group support sessions are held Wednesdays at 6:30pm-8:00pm** **starting September 18th to December 4th, 2024**

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

**Information session**

* **September 12th, 2024, at 6:30pm-8pm**

**Weekly group support sessions are held Thursdays at 6:30pm-8:00pm starting September 19th to December 5th, 2024**