**Who can attend the group?**

* Anyone between the ages of 12 - 25 who has lost someone they know to suicide.

# How much does it cost?

* It is free to participate in these groups.

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

* Attending the information session will introduce you to the topics and content that will be covered in the program.
* We will also be able to answer any questions you might have about the program and help you decide if joining the group is a good fit for you.
* Give you an idea of the experience of group interaction.
* Give parents/guardians and caregivers an opportunity to learn about the program prior to providing consent for youth under 18.

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

* Yes. We need you to pre-register at **least a day in advance** so that we can prepare group activity supplies for you.

# What forms are completed during the information session?

* You will need to fill out two forms: youth assent and parental consent forms (for youth under 18yrs)
  + **The youth assent form** is an agreement between the participating youth and CMHA facilitators on how information shared in a group will be used. It outlines protocols such as when CMHA facilitators might need to ask for extra help outside of the group in cases of emergency or urgent situations. Examples include if the youth need help in staying safe or if the youth shares information about a person younger than 18 years old who is at risk.
  + **The parental consent form** is to be completed by a parent/guardian/caregiver for the participating youth under 18 years of age. It indicates that the parent/caregiver is aware that the youth is receiving grief support. **Information that is shared in the group will not be shared with the parents/caregivers/guardians.** Parents/caregivers/guardians will only be informed if the youth is at a risk of being harmed or of harming themselves, or if the youth is aware of someone under the age of 18 who is at a risk of being harmed or of harming themselves. All other information is kept within the group.
* Youth over 18 will complete a confidentiality agreement form.

**How are Parents/Caregivers/Guardians involved in the program?**



* Parents/caregivers/guardians attend the last 15 minutes of each session and are provided with a summary of the topic discussed and strategies to use to support their youth

# What if the group isn’t a good fit for my needs right now?

# After an information session, you might decide it’s not the right time for you to participate in a group and that’s okay. We’ll help you explore other options and services that might work for you.

**What happens after I have attended the information session and want to join the group?**

* You will begin the module on grief psychoeducation the following week.

**How do I register for a group?**

* Contact Peris by email at pwasonga@cmha-edmonton.ab.ca or call 780-732-6654.

**How do I know if I am ready to 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 decide when you feel ready.
* The information session might help you decide if you are ready to join a group.

**How long is the program?**

* There are 3 modules, each taking 4 weeks, which makes a total of 12 sessions.

**Do I have to attend all 12 sessions?**

* Attending all the 12 sessions will provide you with an opportunity to process your grief, learn from others as well as learn new tools to support yourself as your grief continues to change.

**Who leads the group sessions?**

* Group sessions are co-facilitated by Registered Psychologists and Registered Counsellor.

**What can I expect in the group sessions?**

* Each group session offers a safe place for you to share your experience and listen to how others have experienced a loss to suicide.
* This is a place to learn about the grieving process and to process your grief with the support of others who understand.

**How long are the sessions?**

* 12-14; 15-17 groups are 75 minutes long. 15 minutes at the end of each session are for providing parents/caregivers/guardians with a summary of the topic of the session.
* 18-25 groups are 90 minutes long.

**Where else can I get help?**

* There are other agencies in Edmonton who have psychologists, counsellors, knowledge keepers and other supports to help young people and their families through the grieving process. This includes…[Grief Programs - Pilgrims Hospice](https://pilgrimshospice.com/grief-programs/) , [Edmonton Grief Counselling | The Grief & Trauma Healing Centre (healmyheart.ca)](https://www.healmyheart.ca/?gclid=EAIaIQobChMI5bvP5oj9_wIVgDStBh32Twm0EAAYASAAEgIwNvD_BwE) [Staff – Jewish Family Services (jfse.org)](https://www.jfse.org/staff/)[Edmonton Native Healing Centre (e-nhc.org)](https://e-nhc.org/)
* 211 can also help you find the right support.
* Kickstand Connect has a team of Registered Psychologists, Counsellors and Social Workers who can help. More information can be found at [Kickstand Connect | kickstand (mykickstand.ca)](https://mykickstand.ca/connect#Services)