

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

- Wednesdays at 4:30pm – 6pm

Weekly group support sessions are held Wednesdays at 4:30pm-6pm the week following an information session.

Youth Suicide Grief Support Group ages 15-17 yr olds

Information session

- Wednesdays at 6:30 – 8:00pm

Weekly group support sessions are held Wednesdays at 6:30pm-8:00pm the week following an information session.

Youth Suicide Grief Support Group ages 18-25 yr olds

Information session

- Thursdays at 6:30pm-8pm

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