



Canadian Mental
Health Association
New Brunswick
Mental health for all

Association canadienne
pour la santé mentale
Nouveau-Brunswick
La santé mentale pour tous

As the province-wide leader and champion for mental health, Canadian Mental Health Association of New Brunswick facilitates access to the resources people require to maintain and improve mental health and community integration, build resilience, and support recovery from mental illness.

These programs are made possible, in part, by the Government of NB's Department of Health

Contact:

Canadian Mental Health
Association of New Brunswick
Saint John office
560 Main Street, Suite A315
Saint John, NB
E2K 1J5

Tel: (506) 652-1447

Email: dawn.odell@cmhanb.ca

www.cmhanb.ca

CMHANB Saint John & Region
Facebook Group

CANADIAN MENTAL HEALTH ASSOCIATION OF NEW BRUNSWICK

Saint John office



LIFE AFTER LOSS: SURVIVORS OF SUICIDE

A 10-week education program for individuals coping with the loss of a loved one to suicide

Program dates and location:

**March 12 to May 14
6:30 to 8:30 p.m.
Carleton Kirk United Church**

LIFE AFTER LOSS: SURVIVORS OF SUICIDE

Suicide is a heartbreaking and compelling tragedy which touches many of our lives.

Learning to live after the death of a friend or family member is always painful and difficult. When someone has lost a loved one to suicide, the grieving process can be more complicated and vary in several ways.

Along with the grief, individuals coping with a suicide must deal with the social stigma as well as emotions of guilt, anger, feelings of rejection and the struggle to find an explanation.

ABOUT THE PROGRAM

Life After Loss: Survivors of Suicide is a 10-week education program for individuals who have lost a loved one to suicide.

Our hope is to provide a supportive environment that encourages listening and sharing stories with others who have experienced a loss through suicide, while enhancing your understanding about suicide and helping you move forward in the healing process.

A trained facilitator will offer information on the grieving process, self-care, coping strategies and community resources.

Confidentiality and privacy of sharing within the group is strongly promoted.

There is no cost to attend this program. Seating is limited. Pre-registration required.

This program will be held every Tuesday evening from 6:30 to 8:30 p.m. at Carleton Kirk United Church located at 3 Carleton Kirk Place in Saint John.

**Advanced registration required.
Please contact us at
(506) 652-1447**

WEEKLY AGENDA

I. Grieving a Suicide

People experience many emotions including: acute grief, despair, sadness, guilt, anger, blame and helplessness. This session explores the emotions people feel following a suicide.

II. The Landscape of Grief After a Suicide

People affected by suicide may not give themselves permission to express their conflicting thoughts and emotions. This session looks at the grief process and grief recovery.

III. The Nature of Suicide

There are many unanswered questions and conflicting theories about the role of life events, coping skills, genetics, psychology and suicide. This session discusses triggering factors, common myths / facts about suicide and the reactions of people searching for answers.

IV. Open Session: Let's Talk

This session will be left open to discuss a related issue based on the needs of participants.

V. Focus on Forward

This session recommends practical strategies for moving towards healing.

VI. Mindfulness and Grief

This session addresses forgiveness, physical and spiritual health, life altering decisions and coping strategies that can hold people back from rebuilding their lives.

VII. The Legacy of Suicide

Suicide affects family members and the family as a unit. This session examines the impact on the family, needs of its members and strategies for improving communication and emotional cohesion.

VIII. Dealing with Other People

Sometimes friends or co-workers may not know how to support a person who is grieving the loss of a loved one. This session discusses typical reactions and how to deal with them.

IX. Taking Care of Myself

Self-care is key to healing. This session presents the five elements of the coping process and factors influencing one's ability to cope.

X. Wrap-up Session

This session is to be announced based on the needs of the group.