

"Why...?"

Support After Suicide Loss

What is this program?

"Why...?" is a 9 week support group for individuals in Waterloo Region and Wellington County who are bereaved by suicide.

What is the support group like?

Each group is facilitated by professionals and provides a safe space to share and learn strategies for coping with loss and trauma. This support group is offered either virtually or in person, four times a year.

To inquire or to register

please call 519-884-0422 & press "4"

or visit us at wrspc.ca/why-support-after-a-suicide-loss/



"This was an excellent group. I benefited from hearing the perspectives and experiences of those who attended... I feel that this group has helped to reflect on my personal grief experience and will be a key to my journey from healing from such a traumatic loss. I no longer feel that my experience is isolated and I know I am not alone in my experiences, thoughts, opinions and emotions. I am truly thankful for this group experience."

Shared with permission by a participant of the
"Why...?" Support After Suicide Loss, Support Group



WATERLOO REGION

Suicide Prevention Council