"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 and are 20 years of age or older.

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.

"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

To inquire or to register

Please call 519-884-0422 & press"4"
or register online via the QR code!

WATERLOO REGION
Suicide Prevention Council