

SUICIDE BEREAVEMENT MUTUAL SUPPORT GROUP

Meeting Times

7pm to 9pm
2nd Tuesday of each month

Location

CMHA-Oxford County Branch
522 Peel Street
Woodstock, Ontario

Requirements

Please call the CMHA office prior to attending your first meeting. It is recommended that individuals who are still in shock or are having extreme difficulty in coping with their loss seek alternative forms of support prior to participating in this group.

Ground Rules

Although there will be professional staff available at these meetings this is not a psychotherapy group. It is designed to promote mutual support and answer questions relating to suicide in general. The group is a safe place to share your feelings with others who have experienced a loss through suicide. These common experiences allow others to listen with some understanding and without judgment.

- 1. Everything said in the group remains in the group. *It is important to note that if staff identify a person at potential risk of harming themselves or others confidentiality may be breached in an attempt to access appropriate services for that individual.***
- 2. Everyone will be allowed the opportunity to speak.**
- 3. Members will listen while one person speaks.**
- 4. Members will not judge what others say.**
- 5. Members will respect each member's concern regarding their own situation.**
- 6. Members will respect another member's right not to speak.**

For information or to register call Terri 539-8055 or 1-800-859 7248 prior to attending your first meeting.