



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.

This program is sponsored by:



## 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:

October 7 to December 9, 2021  
March 17 to May 19, 2022  
6:30 to 8:30 p.m.  
Carleton Kirk United Church

### Contact:

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

Tel: (506) 633-1705

Fax: (506) 633-2892

Email: [saintjohn@cmhanb.ca](mailto:saintjohn@cmhanb.ca)

[www.cmhanb.ca](http://www.cmhanb.ca)

CMHANB Saint John & Region  
Facebook Group

# 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 due to public health protocols.

***This program will be held every Thursday 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) 633-1705**

## 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.