

Survivors of Suicide Loss

Grief after losing a loved one to suicide can be difficult, intense, and complicated. Survivors must mourn, question and rebuild their shattered lives. This group provides a safe atmosphere for exploring the unique aspects of grief for a suicide loss that may not be understood by others.

You are not alone

“Meeting with the other survivors was easily the worst and best part of the entire experience. The worst part was that I had to tell all these strangers about what had happened, and in turn hear what had happened to them. But the best part was knowing I was not alone”.

Jasmine, Survivor

Navigating Through Uncertainty and Vulnerability

Survivors may struggle with complex emotions because of the shock and trauma of the suicide. Many grapple with debilitating emotions, altered relationships, and challenging responsibilities. Each situation is unique, but some issues are commonly shared by survivors and talking together can help you to find your way.

Finding Ways to Cope

Group participation provides an opportunity to learn essential healthy coping skills to integrate the loss into one’s daily life. Survivors gather together to share support, comfort and gain understanding as they share stories of healing and hope.

A Safe Place to Explore Common Questions

The question that incessantly arises is: Why — could we, could I, have prevented it from happening? That question goes on and on, but there are other questions: How do we, the survivors, go on? How do we live beyond that death which looms so large in our lives?

Karen, Survivor

Sharing Grief Experiences

A Survivor Support Group allows you to witness the healing process and to foster one’s resilience to not only survive but thrive again. “We discover that we are more resilient, less afraid, more empathetic and understanding as a result of what has happened to us.”

Carla Fine



The Dorothy Ley Hospice in partnership with the Toronto Survivors of Suicide Program are hosting a six week grief group which will be led by trained and experienced facilitators

Tuesdays, 6:30 - 8 pm
June 20 - July 25, 2017

Group sessions will be held at the
Dorothy Ley Hospice Centre
220 Sherway Drive, Etobicoke

Offered without Charge
Registration Required

To Register Contact:
Alex Shendelman

416-595-1716

Alex@torontodistresscentre.com

For Information Contact:

Kristine Gagnon

416-626-0116 x227

kgagnon@dlhospice.org