

Suicide Loss - Grief Support Group

This support group is for adults grieving the death of a loved one to suicide. What are the emotional impacts of Traumatic Grief?

- Shame, anger, rage
- Depression and anxiety
- Panic attacks and mood swings
- Feeling out of control

We encourage you to tell your story and to honor the memory of your loved one.

There is no cost to take part in this group. Registration is required.

8 week program, one evening per week.

Session begins on:

Thursdays, 6:30 pm – 8:30 pm

May 2nd – June 20th

Hosted by

Valley View Funeral Home, Arbor Lounge
14660 - 72nd Avenue, Surrey, BC V3S 2E7

- Free to the community
- Light refreshments
- All welcome

To register, contact Tricia at **604-312-0484**
or email: **tkeith@arbormemorial.com**



Valley View
Funeral Home & Cemetery
by Arbor Memorial

14644 - 72nd Avenue, Surrey, BC V3S 2E7
valleyviewsurrey.ca