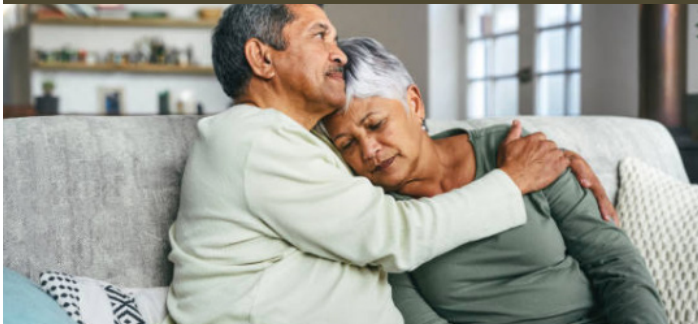


What to expect as a participant in the Homicide Loss Grief Support Group:



We talk, share, encourage and relate experiences. You will find relief from isolation.

You will find others like yourself who have experienced a traumatic, painful loss.

There will be people who will understand your despair, anger and guilt.

Others who understand questions like "What if" and "If only" and "Why" and they will understand your search for answers.

Taking part in the support group cannot change what has happened.

But, we can help you discover new ways to manage your loss.

Arborcare Coordinator and Co-facilitator:

Tricia Keith

Co-Facilitator:

Margaret Mubanda

Tricia and Margaret have extensive training, are skilled at facilitating support groups, and have personal experience with traumatic loss.

To register, please contact Tricia:

604-312-0484

tkeith@arbormemorial.com



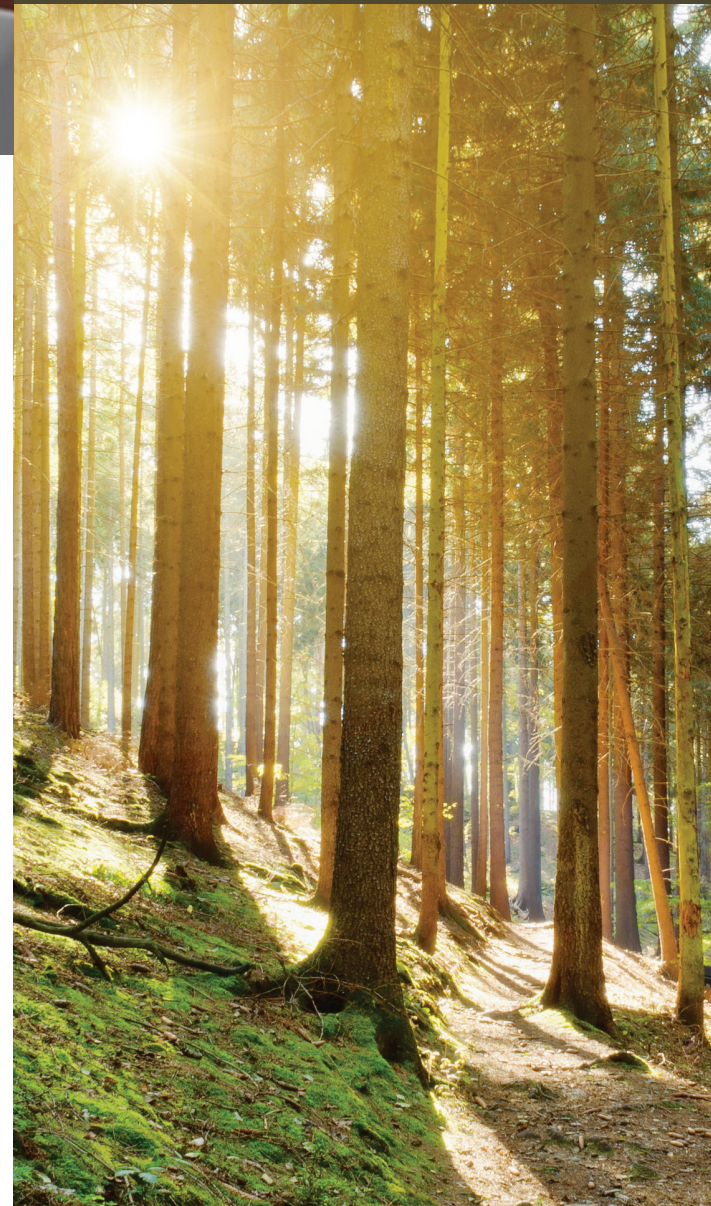
Valley View
Funeral Home & Cemetery

by Arbor Memorial

14660 - 72nd Avenue, Surrey, BC
valleyviewsurrey.ca

Homicide Bereavement Support Group

A FREE 8-week program offered in the
spring and fall



Definition of a support group

A support group may be defined as a group of individuals whose primary purpose is to empower themselves and each other to deal with a challenging, unusual or difficult life experience.

Grief support groups provide a safe confidential place:

- To express feelings
- To feel cared about
- To feel accepted and to ask for help
- To normalize yet not minimize grief

In this safe environment, the bereaved reach out to each other and help one another. In doing so, they help themselves.

What is grief?

Grief is a normal reaction to loss, and it shows up in ways you might not expect.

What are the emotional impacts of trauma grief?

- Shame, anger, rage
- Depression, anxiety
- Panic attacks
- Mood swings
- Feeling out of control
- Compulsive/obsessive behaviors
- Explosive outbursts
- Over-reactions to subsequent stress
- Increase in startle responses

This support group is for people grieving the loss of someone who died by homicide. The focus of the support group is to better understand the uniqueness of the grief and trauma associated with homicide.

Each week we discuss and share our feelings and experiences related to the following topics:

- Sharing Your Story
- Impact of Loss
- Guilt and Anger
- Intrusive Images
- Restorative Storytelling
- Honouring the Memory
- Journal Writing/Victim Impact Statement
- Healthy Goodbyes



What to expect as a participant in the Suicide Loss Grief Support Group:



We talk, share, encourage and relate experiences. You will find relief from isolation.

You will find others like yourself who have experienced a traumatic, painful loss.

There will be people who will understand your despair, anger and guilt.

Others who understand questions like “What if” and “If only” and “Why” and they will understand your search for answers.

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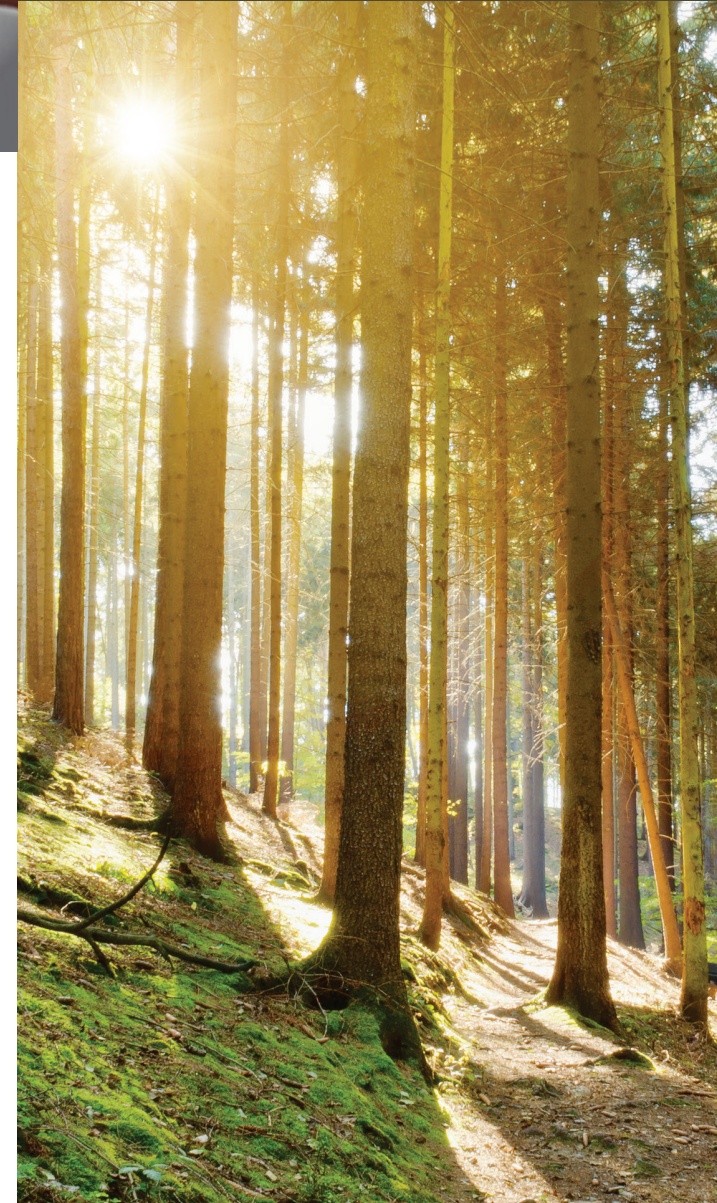
Valley View
Funeral Home & Cemetery

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valleyviewsurrey.ca

Suicide Loss Grief Support Group

A FREE 8-week program offered in the
spring and fall



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- Compulsive/obsessive behaviors
- Explosive outbursts
- Over-reactions to subsequent stress
- Increase in startle responses

This support group is for people grieving the loss of someone who died by suicide. The focus of the support group is to better understand the uniqueness of the grief and trauma associated with suicide.

Each week we discuss and share our feelings and experiences related to the following topics:

- Sharing Your Story
- Impact of Loss
- Guilt and Anger
- Intrusive Images
- Restorative Storytelling
- Honouring the Memory
- Journal Writing
- Healthy Goodbyes



What to expect as a participant in the Loss due to Substance Use Grief Support Group:



Loss due to Substance Use Grief Support Group

A FREE 8-week program offered in the spring and fall

We talk, share, encourage and relate experiences. You will find relief from isolation.

You will find others like yourself who have experienced a traumatic, painful loss.

There will be people who will understand your despair, anger and guilt.

Others who understand questions like "What if" and "If only" and "Why" and they will understand your search for answers.

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But, we can help you discover new ways to manage your loss.

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Tricia Keith

Co-Facilitator:

Margaret Mubanda

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To register, please contact Tricia:

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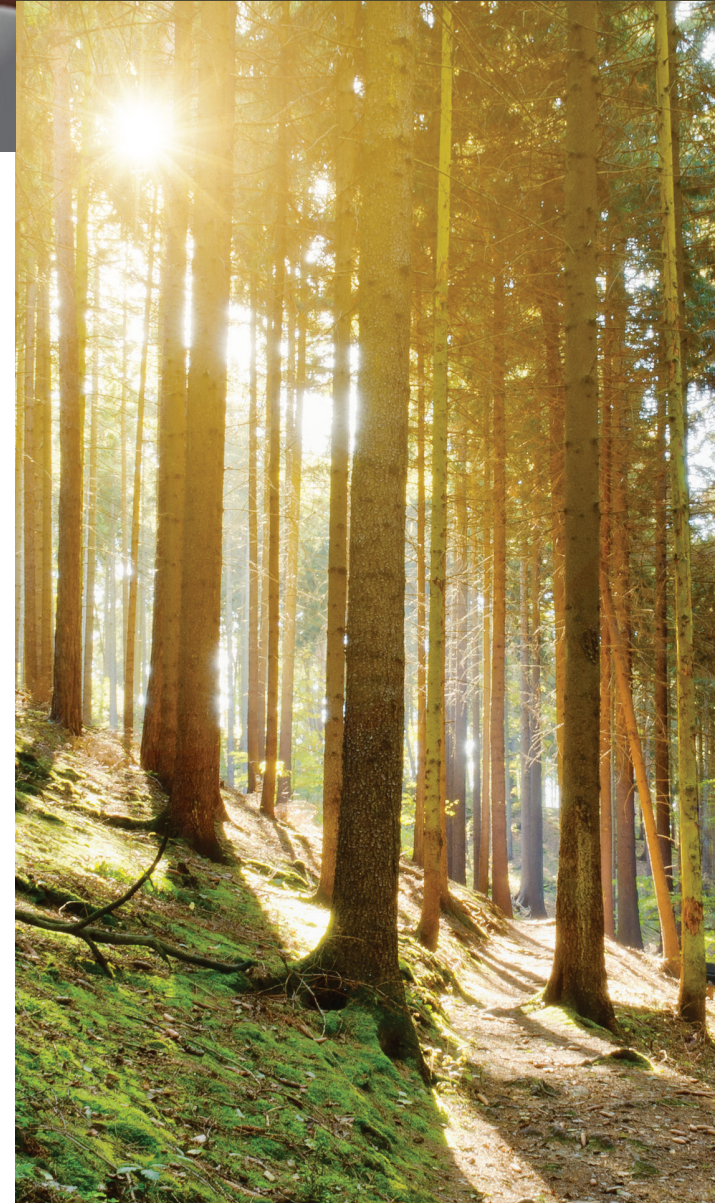
tkeith@arbormemorial.com



Valley View
Funeral Home & Cemetery

by Arbor Memorial

14660 - 72nd Avenue, Surrey, BC
valleyviewsurrey.ca



Definition of a support group

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- Depression, anxiety
- Panic attacks
- Mood swings
- Feeling out of control
- Compulsive/obsessive behaviors
- Explosive outbursts
- Over-reactions to subsequent stress
- Increase in startle responses

This support group is for people grieving the loss of someone who died by substance use. The focus of the support group is to better understand the uniqueness of the grief and trauma associated with substance use.

Each week we discuss and share our feelings and experiences related to the following topics:

- Sharing Your Story
- Impact of Loss
- Guilt and Anger
- Intrusive Images
- Restorative Storytelling
- Honouring the Memory
- Journal Writing
- Healthy Goodbyes

