



DISTRESS
CENTRE
DURHAM



helps people cope

Resource Centre
Meeting Location
306 Brock St. N,
Whitby, ON

2019 Suicide Survivor Support Group Dates

This is an 8 week closed group that is facilitated by trained staff and peer support suicide survivors at no cost to the participant. A follow-up evening is held approximately 1 month after group ends.

Details:

Wednesday Evenings - 7:00 - 8:30 pm.

Dates for 2019:

January 16th—March 6th

April 24th—June 12th

September 18th—November 6th

For more information
Contact 905-430-3511



24 Hour Helplines:
1-800-452-0688
905-430-2522

