

VIRTUAL ROUNDTABLE



Roots of Hope

The Losses That Are Hard to Talk About: Creating Spaces for Suicide Loss and Grief

In partnership with Roots of Hope, the NS Grief Alliance invites you to a virtual roundtable dedicated to de-stigmatizing suicide loss and grief, deepening understanding of its unique and complex impacts, and strengthening our collective capacity to support individuals, families and communities bereaved by suicide.

April 2, 2026 | 9:00am-3:00pm AST | Virtual (Zoom)

This event is designed for anyone working or volunteering in grief support. Together, we will build confidence, competence, and collaboration so that people navigating suicide-related grief feel less isolated, more understood, and more meaningfully supported throughout their grief journey.

Click button to register or visit nsgriefalliance.com/events

REGISTER NOW

Participants may attend the full day or select the sessions that best meet their needs. The zoom link will remain the same for the entire event, you have the flexibility to attend sessions as they peak your interest or best fit your schedule.

The day includes three main sessions, with intentional breaks for grounding and reflection. Session 1 and 2 will be recorded and available to watch at a later date. Our panel discussion will not be recorded to allow for more person and intentional conversations and sharing.



Agenda

Suicide Loss & Grief 101 – Building a Shared Foundation - Seana Jewer, MBA, MA Ed
Roots of Hope Community Engagement Lead, Nova Scotia Health – Mental Health and Addictions.

This foundational session offers essential, stigma-reducing education for those supporting individuals bereaved by suicide. Participants will:

- Learn respectful and accurate terminology.
- Understand how suicide loss differs from other forms of grief.
- Explore the impacts of trauma and stigma.
- Examine how compassionate postvention strengthens both healing and suicide prevention efforts.

Suicide Bereavement: Support Services, Groups, and Resources
Pat Doyle, Suicide Prevention and Postvention Consultant.

This session explores suicide-specific bereavement supports and the powerful role of support groups in reducing isolation and fostering meaningful connection. Participants will:

- Learn best practices in suicide bereavement support.
- Receive practical guidance on establishing and facilitating support groups.
- Explore safety, structure, and sustainability considerations.
- Access resources, training opportunities, and peer networks to strengthen local initiatives.

Panel Discussion: Holding Space Together - Lived Experience and Community Support After Suicide Loss

This moderated conversation brings together individuals with lived experience of suicide loss and professionals who provide support. Together, they will reflect on what meaningful support looks like, where gaps remain, and how communities can create spaces of compassion, dignity, and connection. This session will be recorded.