



**Suicide
Bereavement
Services**



Programme

Welcome to the Jan - March 2025 programme

Below you will find news from our service along with a list of our planned groups, events and workshops running January to March

To book your place, or for further information, please email your Practitioner or contact the service directly:

sbs@leedsmind.org.uk

0113 305 5800 (Leeds Mind reception)

Places are limited. If you book onto a group, please let us know in advance (minimum of 24 hrs prior) if you need to cancel your place. We hold a waiting list for people who would like to attend and your timely cancellation may mean someone else requiring support is able to attend. Unfortunately if you are not on our register there is the possibility you may be turned away due to room capacity.

Please note, sessions can only run if there are 3 or more people signed up for that session. Any sessions with 2 or less will be cancelled.



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Ways to get involved

Suicide Bereavement Services steering group

We have a steering group that meets 6 weekly online. The aim of the steering group is to ensure the Suicide Bereavement Service is shaped and informed by lived experiences as we continue to develop as a service. To join please email SBS@leedsmind.org.uk or call 0113 3055800 (Leeds Mind reception).

Leeds Mind Impact Group

Leeds Mind aims to deliver high-quality and inclusive support by understanding the needs of our communities. The Impact Group gives you the opportunity to influence Leeds Mind's work, to make sure we are offering the services you want and need and working in a way that works for you. The group meet once every 6 weeks. For more information contact impact@leedsmind.org.uk or call 0113 305 5800 (Leeds Mind reception).

Volunteering opportunities at the Suicide Bereavement Services (or across Leeds Mind)

All volunteering opportunities are advertised on the Leeds Mind website here [Volunteering - Leeds Mind](#)



What's new

Zoom Child Loss Peer Support Group

Monday 6th of January

This is a support group for any parent/step-parent/carer/guardian who has been impacted by the loss of a child (of any age, including adults children).

Zoom - Workshop - Understanding My Grief

Monday 3rd of March

This is an online workshop where we cover grief models, normal/varying reactions to grief and the impact of grief and how we can look after ourselves.

Saturday Social

Saturday 22nd of March

We are gathering together for a relaxed walk and cuppa. Details to follow.
Children welcome.



Memorial

Calderdale Memorial

11/01/2025

1pm - 3.30pm

Dean Clough Mill, Halifax, HX3 5AX

Our memorials are a relaxed family friendly event where we remember our loved ones. We have refreshments and optional activities followed by a brief non-religious ceremony to light a candle in remembrance.

Please email SBS@leedsmind.org.uk to register your place and to let us know if you will be bringing anyone with you.





Zoom support group schedule

Date	Time	Group
Mon 6/1/25	6pm - 7.30pm	Child Loss Peer Support Group
Mon 3/2/25	6pm - 7.30pm	General Peer Support Group
Mon 3/3/25	6pm - 7.30pm	Workshop - Understanding My Grief



Face to face (F2F) support groups schedule

Date	Time	Group
Tues 7/1/25	5pm - 6:30pm	F2F Monthly Support Group
Tues 4/2/25	5pm - 6:30pm	F2F Monthly Support Group
Tues 4/3/25	5pm - 6:30pm	F2F Monthly Support Group



Full calendar

Date	Time	Group
Mon 6/1/25	6pm - 7.30pm	Zoom - child loss support
Tues 7/1/25	5pm - 6:30pm	F2F Monthly Support Group
Sat 11/1/25	1pm - 3.30pm	Calderdale memorial
Mon 3/2/25	6pm - 7.30pm	Zoom Monthly Support Group
Tues 4/3/25	5pm - 6.30pm	F2F Monthly Support Group
Mon 3/3/25	6pm - 7:30pm	Zoom workshop - understanding my grief
Tues 4/3/25	5pm - 6.30pm	F2F Monthly Support Group
Sat 22/3/25	TBC	Social event