Grief, Community, and Healing after Suicide Loss

February 18, 2027

1:30-3:00pm MT

This presentation offers a supportive, culture-centred space to help process the pain of losing a loved one to suicide, while addressing the unique impacts felt within Indigenous communities. We normalise the wide range of feelings that come with grief and share clear everyday ways to cope both right now and in the long run. Lastly, we address what it means to find hope, use practical tools, and engage in community support so no one has to walk through this alone.



Learning Outcomes:

- **Understanding the Impact and Context**: Gain insights into grief and suicide bereavment, including the unique statistics and impacts experienced within Indigenous communities
- **Normalize and Process Complex Emotions**: Recognize that a wide range of feelings; such as shock, guilt, sadness or anger- are normal, valid reactions to losing a loved one to suicide
- **Apply Practical Coping Strategies**: Learn immediate and long-term tools grounded in both personal self-care and holistic, culturally rooted practices to help navigate grief over time
- **Connect with Support and Hope**: Identify practical community resources, helpline supports, and ways to lean on connection so you don't have to navigate loss alone

Speakers:

Jennifer Roesler is a Registered Psychologist with the College of Alberta Psychologists and the founder and CEO of Northward Counselling. She holds a Master of Counselling from City University of Seattle. As a non-status, white-presenting Indigenous woman, Jennifer takes great pride in honoring and carrying forward her grandmother's heritage and culture through both her professional practice and personal life.

Target Audience: This session is best suited for individuals experiencing suicide loss, including but not limited to those in indigenous communities, community support networks, and front line workers, looking for an accessible, hopeful, and a culturally meaningful framework for navigating grief together

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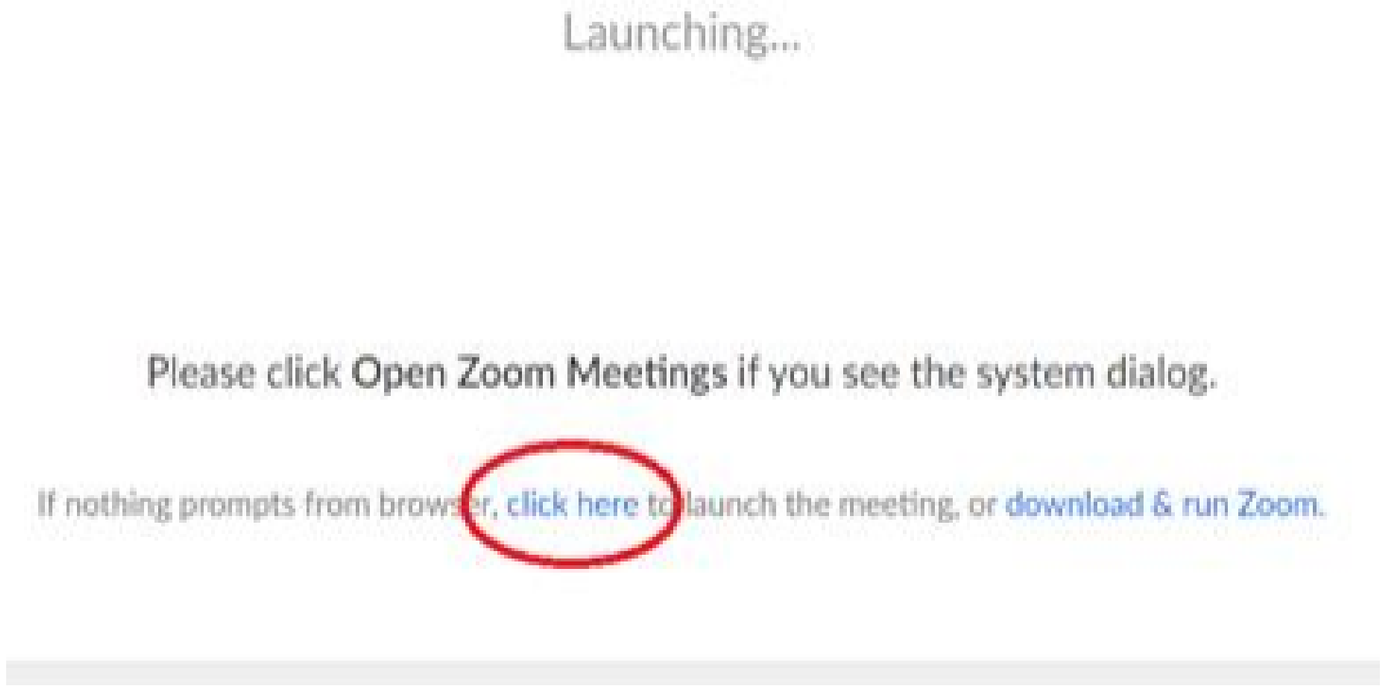
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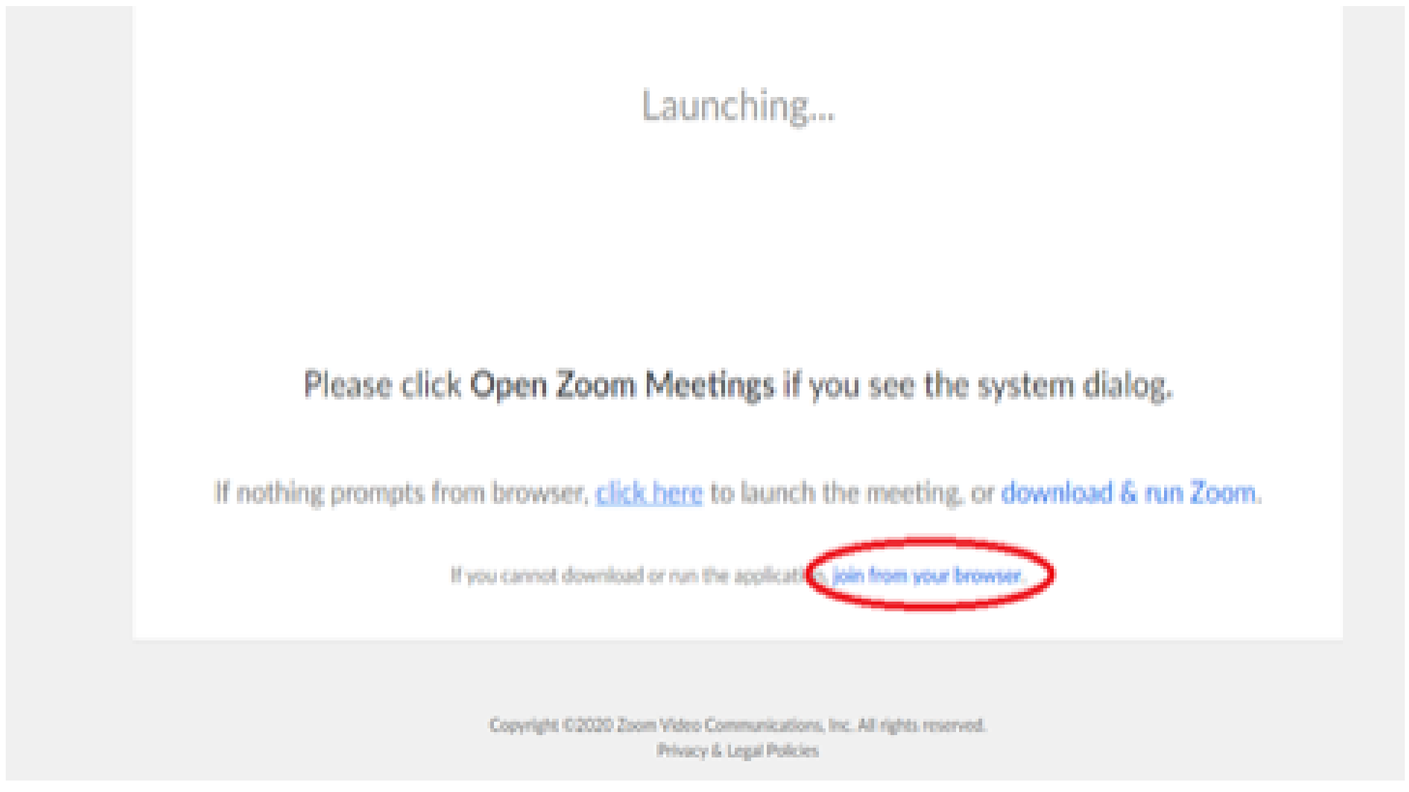
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