



You are **not** alone

Project Hope: Suicide Loss Support Group

Support is often hard to find, which is the purpose of Project Hope which will provide a safe space for you to **decompress, share and have someone that understands exactly what you are going through.**

Grief, denial, shock, and despair are just some of the emotions survivors feel when a loved one dies by suicide.

Participation is designed around your comfort level. You can go at your pace and engage as much or as little as you like. There will be open-ended conversations with no set agenda. Through shared reflection, the goal is to help you feel whole again, heal and overcome your isolation.

Details

**1st and 3rd Tuesday
of every month**

6:00-7:00pm

Virtual Support Group meets via Zoom



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