



HAMILTON 12-WEEK SUICIDE LOSS GRIEF GROUP

Heartache2Hope

In Partnership with

**Suicide Prevention Community
Council of Hamilton**



Suicide Prevention
Community Council
of Hamilton
HOPE, HELP & HEALING



Sharing Grief and Finding Hope

If you've lost someone to suicide, you are not alone.

Our 12-week psycho-educational grief support group offers a safe and supportive space to:

- Share your experience with others affected by suicide loss
- Explore the impacts of traumatic grief
- Learn adaptive coping and self-care strategies
- Find connection, support, and hope alongside other grievers

Together, we move toward healing — one step at a time.

REGISTRATION*:

info@heartache2hope.com
905-599-HOPE (4673)

*In intake meeting is required for registration to ensure readiness for a group.