



# You are *not* alone.

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

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.

If you would like to take part, please visit [Hanleyfoundation.org/help](https://Hanleyfoundation.org/help) or email [Help@Hanleyfoundation.org](mailto:Help@Hanleyfoundation.org).

## **Project Hope:** *Suicide Loss Support Group*

- 1st and 3rd Tuesday of every month
- 6-7:30pm
- **Format:** Virtual Support Group meets via Zoom

### **Facilitated by:**

Tiffany Gordon, MS, MHC,  
*Program Specialist -  
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Southeast Florida  
BEHAVIORAL HEALTH NETWORK



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