



Hello,

Grief after a suicide loss is complex. Losing someone to suicide is an experience that brings profound grief, unique challenges and a mix of emotions that can feel overwhelming. At times, it may seem like no one truly understands what you're going through. We want you to know that you're not alone.

The **Suicide Loss Survivor Support Group** – hosted by Foundation 2 Crisis Services and the Cedar Rapids HOPEwalk – provides a safe space where you can connect with others who have experienced a similar loss. This group offers understanding, compassion and support as you navigate your healing journey.

The Suicide Loss Survivor Support Group meets from **6-7:30 p.m. on the 2nd and 4th Tuesdays of each month at Foundation 2 Crisis Services**, 305 2nd Ave. SE in Downtown Cedar Rapids. It is open to anyone ages 18+ who has lost a loved one to suicide. It is free to attend.

We are here to support you through all stages of your grief, regardless of when you experienced a loss. Often, group members feel it helps to be around people who can say "I know exactly what you're feeling. I have also experienced that." Some people want to share about their loss. Other people feel comfortable just sitting and listening.

I know that reaching out can feel difficult. We are here to welcome you when it feels right for you. If you'd like to talk about the Suicide Loss Survivor Support Group, please reach out at shawkins@foundation2.org or 319-247-0030.

Sincerely,

Shanna Hawkins

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