

# HEARTBEAT



**SUPPORT FOR THOSE WHO HAVE LOST A LOVED ONE  
THROUGH SUICIDE**

**MEETINGS ARE THE  
1ST THURSDAY OF EACH MONTH FROM  
6:00PM -- 7:00PM**

**HEARTBEAT was organized . . .**

To help survivors absorb the impact of the self-inflicted death,

To offer the comfort of empathetic understanding and acceptance, and

To support each other toward healthy resolution of the grief.



**YOU ARE NOT ALONE**

**WE KNOW THE  
ANGUISH...**

**WE'VE BEEN THERE**

## **COMMUNITY COUNSELING CENTER OFFERS**

- Peer to peer support
- Free service
- Tell the story
- Express the emotions
- Make meaning from loss
- For Friends, Family and Loved ones
- No registration required
- Children are welcome\*

(\*Separate group for children is available if preferred)



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