

#IJUSTSHOWEDUP

Presented by Compassionate Hamilton

"I don't know what to do. I don't know what to say."

If you've felt this way when someone was grieving, in crisis or simply having a rough day, you're not alone. Don't let fear of saying and doing the wrong thing stop you from doing anything at all. Let's do better and ***Just Show Up***.



Date & Location

Date: November 13, 2025

Time: 3:00 to 7:00 p.m.

Location: David Braley Health Sciences Centre, 100 Main Street W, Hamilton

Meet Our Keynote Speaker

Yvonne Heath

Yvonne is the founder of Love Your Life to Death and the #IJustShowedUp movement. As "Canada's Proactive Living Consultant," Yvonne teaches community how to *Just Show Up* for themselves and others so they are empowered and resilient when grief and life's challenges arrive.

What to Expect

- Exhibitors, speakers, resources, live entertainment, arts, humanities and cultural displays
- Broad, diverse and deep learning around topics that affect us all
- Engagement, discussion and connection

About Compassionate Hamilton

Compassionate Hamilton is a movement of community members who are committed to improving the well-being of individuals in all stages of life who are affected by loss, dying, death, grief and bereavement.



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