



## WHAT HOPE AND HEALING GRIEF IS – Reading

Hope and Healing Grief is a safe and compassionate space where no one has to grieve alone. All forms of loss are welcome here, and all feelings are honored.

We gather with others who understand the weight of grief and the courage it takes to face it honestly. We listen with respect, speak with openness, and offer presence rather than answers.

This is a place of personal healing and gentle growth. What is shared here is held in confidence, and each person is free to move through grief at their own pace.

Through connection, reflection, and shared support, we begin to rediscover hope — one day at a time.