



WHAT HOPE AND HEALING GRIEF IS

Hope and Healing Grief is...

1. A place of safety and acceptance –

A welcoming space where all feelings are honored and no one has to grieve alone.

2. A community of shared understanding –

We gather with others who know the weight of loss and the courage it takes to seek healing.

3. A source of compassion and connection –

We listen to one another with respect, empathy, and genuine care.

4. A practice of honesty and openness –

We speak our truth, trusting that authenticity opens the door to healing.

5. A path of self-discovery and growth –

We explore our emotions, patterns, and strengths with curiosity rather than judgment.

6. A commitment to personal healing –

We take responsibility for the work that nurtures our emotional, spiritual, and mental well-being.

7. A refuge of humility and simplicity –

We offer understanding rather than answers, and presence rather than solutions.

8. A space of confidentiality and respect –

What is shared in trust is held in trust, creating safety for all.

9. A place where grief is met with grace –

We learn to hold our sorrow with tenderness, allowing healing to unfold at its own pace.

10. A community that honors all beliefs –

We welcome all spiritual paths, faith traditions, and secular worldviews.

11. A way to rediscover hope –

Through connection, reflection, and support, we begin to sense light returning to our lives.

12. A practice of growing our healing with service –

We strengthen our hope and healing by offering to others the compassion that was once offered to us.