



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.