



WHAT HOPE AND HEALING GRIEF IS NOT – Reading

Hope and Healing Grief is not a place of judgment, comparison, or advice-giving. It is not a space for gossip, negativity, or attempts to fix one another. We do not promote specific beliefs or replace professional therapy, and we offer no quick cures or shortcuts.

Instead, we honor each person's unique path without ranking grief or excusing harmful behavior. Here, we walk together with honesty and respect, knowing that healing grows when we take what we need and leave the rest.