



WHAT HOPE AND HEALING GRIEF IS NOT – List

Hope and Healing Grief is not...

1. A place for judgment or criticism –

Meetings are a supportive and non-judgmental space where individuals can share openly without fear of being shamed or dismissed.

2. A quick fix or solution –

We provide no immediate solutions or "cures," but offer tools and support for a healing journey that unfolds over time.

3. A substitute for professional therapy –

Ours is a place of shared support. We are not a replacement for professional therapy or counseling, especially in cases of complex grief, trauma, or crisis.

4. A platform for comparing grief experiences –

We do not compare, rank, or minimize anyone's grief, but embrace understanding and support through shared similarities.

5. A space for promoting specific religious or spiritual beliefs –

We have no religious affiliation and promote no specific beliefs. We welcome all beliefs and traditions, as well as no belief at all.

6. A place for gossip or personal attacks –

Respect for ourselves and others is fundamental to healing. Gossip, shaming, and personal attacks have no place here.

7. A substitute for personal responsibility –

We are each responsible for our own healing and for doing the personal work required to achieve it.

8. An enabler of destructive behaviors –

We are focused on healing and spiritual growth, and do not condone or excuse harm to ourselves or others.

9. An environment of negativity –

Our healing is grounded in mutual support, resilience, compassion, and hope.

10. A one-size-fits-all approach –

There is no single path to healing. We respect and support each person's story and their unique way of moving through grief.

11. A place for advice-giving or fixing others –

We do not tell others how to grieve or attempt to solve their pain. We listen, support, and walk beside one another with humility and respect.

12. A cult –

We offer suggestions to help relieve grief and create a better tomorrow for each of us – and all of us. We invite you to take what you like and leave the rest.