
Grief 101

At Hope House we believe that:

- Grief is a unique experience for every person and for every loss.
- Grief is not a problem to be fixed.
- Grief is a natural response to loss.
- Everyone carries the capacity within themselves to integrate and learn how to live with grief.



Would you like to learn more?

Join us on March 24th
From 6:30 to 8:00
For our virtual Grief
101 Workshop

The session is open to all community members and service providers who would like to learn more about grief and loss.

Please RSVP to

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