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C O N T E N T S

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Organizational Background

In 2008, a simple candlelight memorial for bereaved families in Fort Collins, Colorado brought together three women—Kristin Glenn, Bonnie Cochran, and Betsy Fecteau. Bonded by loss and yet strengthened by a passion to help bereaved parents, these women created **3Hopeful Hearts**, a support organization that helps families find hope, seek healing, and honor the memory of lost children through events, support, education, and remembrance.



As **3Hopeful Hearts** expanded and more community members began to request services, we saw the need to formalize operations. In 2011, in-kind donations allowed us to establish office space and develop a website. We received our 501(c)3 designation from the IRS in December 2012.

3Hopeful Hearts has grown tremendously since its inception. We now count more than a thousand volunteer hours per year and five paid staff. We continue to expand our reach and impact of services throughout Northern Colorado, including work with grieving children; a variety of support groups that meet on a regular basis; a new program that addresses the specific needs of mothers; educational workshops; and fundraising events, such as a golf tournament, wine tasting night, and a live music/auction celebration.

We have also grown to collaborate with Larimer County's law enforcement, first responders, hospitals and clinics, hospices, child advocacy services, business community, and the local school districts. Our services and programs range from one-on-one family support to training healthcare providers

on bereavement care protocol. We continue to identify and plan for bereavement needs within our community, and seek to find ways for **3Hopeful Hearts** to better fulfill its mission.

3Hopeful Hearts offers all services free of charge. Grants, donations, and fundraising help offset the costs needed to support Northern Colorado families through their lifelong grief journey.

Mission Statement

3Hopeful Hearts provides grief-informed support to empower and equip those impacted by the death of a baby or child of any age, while increasing grief literacy in our larger community.

Current Board Members and Officers

Brittany Davis: President

Jamie Self: Vice President

Mindy Koehnen: Secretary

Kimberly Page: Treasurer

Kurt Blum

Brooke Wagner

Staff

Kristin Glenn: Founder, Executive Director

Jen Moore: Development & Marketing Coordinator

Michelle Bechtel: Resource Coordinator

Lexi Sanchez: Programs Assistant

Erin Hall: Evaluations Coordinator



PROGRAMS AND ACCOMPLISHMENTS

Direct Support and the Family Support Team

The Family Support Team is the core of **3Hopeful Hearts**. Team members are specifically trained staff and volunteers who reach out to families soon after the loss of a child and any time during the grief journey. The team is referred by Northern Colorado first responders, emergency department personnel, victims' advocates from police services in Larimer and Weld County, funeral homes, and Poudre School District. If a family needs additional trauma or mental health support **3Hopeful Hearts** provides counseling referrals to specialized providers. This support team provides outreach in the form of calls, hand-written cards, texts, emails, and in-person meetings (all based on each griever's preference).

This ongoing support is significant for bereaved families, especially as they find that grief support in our culture diminishes greatly after the first three months. One grandmother shared her appreciation that the support from **3Hopeful Hearts** continues:

“It’s been nearly 30 years since the loss of my grandson and yet, since the beginning of 3Hopeful Hearts, I have received annual cards and calls that recognize that I will forever love and miss him. They always recognize me as (his) grandma forever.”

Listening Sessions

Starting in 2021 **3Hopeful Hearts** began to offer Grief Listening Sessions. These sessions are delivered by trained companions and follow a 4 session outline

to meet, listen, and integrate new families to our services. As we welcome and become more familiar with the unique needs of each family or individual, we can better assist them with resources from within and outside our organization.

Comfort Kits

Thanks to a generous family donation in memory of their son, beautiful Comfort Kits are provided to each supported family upon intake. They are carefully assembled with just the right selections of soothing items. Each Comfort Kit contains a personal, handwritten note which is graced with not only love, but lived experience. The response has been overwhelming; Comfort Kits have become a vital outreach program for **3Hopeful Hearts**.



Support Groups

With help and support, the grief journey can lead to growth, healing, strength, and transformation. For families, **3Hopeful Hearts** provides open meetings on a monthly basis for eight groups: Child Loss Support Group; Child Loss by Suicide

Group; Perinatal Loss Support Group; Miscarriage Support Group; Pregnancy & Parenting after Loss; Dads Support Group; Grandparent Support Group, and Virtual Child Loss Support Group. There are currently more than 1500 families on the support groups contact lists, and each meeting hosts an average of five to fifteen members.

Camp BraveHeart

Camp BraveHeart is an annual camp for children and teens grieving from the loss of a sibling, family member, or friend. Our camp provides the child a safe place with peers to explore and express grief in a constructive way. All activities, games, art, and music



projects are picked specifically for this age group. In 2022, we hosted a one-day camp for kids 5–11; a 3-day overnight, mountain camp for teens; and a collaborative camp with a therapeutic horse-riding center in Northern Colorado.

BraveHeart Families

At a greatly reduced cost, thanks to a partnership with the Zerby family, several families retreat to a beautiful, inspiring location for three days and two nights, where they have a private room, bunks, and bathroom. **3Hopeful Hearts** takes care in booking a private venue so that the sanctity of the grief journey is protected for emotional safety.

Activities for healing, growth, and just plain fun in a stunning setting near Fort Collins/NOCO come together in what is a cornerstone annual outreach. Lifetime memories are created in the sure arms of our staff and volunteers.

Parent Panels

Parent panels are focused, organized presentations given by bereaved parents to community members, usually in an educational setting. As parents share their stories of loss, community members learn how to better support bereaved families, obtain resources and tools, and take action by implementing loss-and-support-based practices within personal and organizational settings. The community organizations who have benefited from the lived-experience wisdom shared during parent panels include funeral professionals, first responders, healthcare clinics, hospitals, school mental health teams, high school health classes, etc.

Perinatal/Pediatric Bereavement Training/ Bereavement Doula Training

Similar to parent panels, this more in-depth training is designed for the healthcare community. Training

is provided in either a one or a three-day format and is attended by medical professionals, local bereavement doulas, social workers, and chaplains who provide in-patient care.

Bear2Hope Program for Infant Loss

In response to referrals by the hospitals or calls from family or friends, **3Hopeful Hearts** customizes teddy bears to the exact weight of the infant that was lost. The bear is affixed with a blue or pink ribbon, and a pink or blue felt heart is included, along with **3Hopeful Hearts'** contact information. These bears are either delivered to the hospital or a home address by a trained professional.



Annual Walk to Remember

The Annual Walk to Remember provides bereaved families the opportunity to memorialize their loss and transform the often lonely and isolating feelings of grief into a walk of growth, healing, and strength. Participants walk around a lake with other families, serenaded by beautiful music, and share in a stone toss of remembrance into the lake. Participation has grown each year to about 350 bereaved families and their support networks. As one of our most beloved memorial events, the Annual Walk to Remember draws people from all over Colorado and Wyoming.

Annual Candlelight Tribute

The Annual Candlelight Tribute is a sacred evening of love and loss, with special music, readings, the lighting of individual candles, and a poignant slideshow. Bereaved parents and families find comfort as they honor their lost children during the often challenging holiday season.

Couple's Retreat

The Couple's Retreat aims to coach, guide, and strengthen a marriage after a tragic loss. This innovative program helps grieving parents journey through and share the tough challenges faced after the loss of a child. By helping a couple find a way to grieve and stay together, the family learns how to cope, heal, and one day thrive and find their 'new normal'.

Women's Retreat

The Women's Retreat is a special day for moms as Mother's Day approaches, which is often a most difficult time. This retreat celebrates and honors each woman as a mother. Professional counselors and facilitators help the moms find immediate and long-term coping strategies. Grieving mothers have time for walks, healing, journaling, crafts, self-care, meditation, and friendship.

One mother shared:

“Thank you for the retreat! It was very helpful and emotionally gripping. It is so sad to hear about all the losses. It gave me a sense of understanding the journey ahead. We all have to carry our grief just like a wounded warrior that carries his scars. We must go on!”

Evaluations

Evaluation of bereaved parents often becomes a topic of ethics. Tensions can build with the mention of research, and questions may arise asking if, when,

and how questions are appropriate. Common sense should always prevail and situations gauged with each approach, but most researchers report that families can find strength in helping other bereaved families, and most grieving parents know that evaluation improves service delivery. Providing feedback can be a way to help others who are hurting to get continued or improved support.

3Hopeful Hearts evaluates programs and events based on surveys taken directly after an event or service when possible. If necessary, surveys are sent out at a later date.

Impact is measured through feedback, observation, reports, and levels of satisfaction as reported in surveys by families, volunteers, and healthcare professionals. Also assessed are participation numbers and growth of events/groups over time.

Collaboration

3Hopeful Hearts has established relationships with clinics, funeral homes, grief counselors, child advocacy professionals, and local first responders, providing reciprocal trainings and assistance with Family Support Team programs and events. We also collaborate with many nonprofit support organizations that offer family support and staff training. These organizations include SHARE, Colorado Pregnancy and Newborn Loss, Resolve Through Sharing, Now I Lay Me Down to Sleep, March of Dimes, Rowan Foundation, Faces of Loss, Compassionate Friends, Angel Eyes (formerly The Colorado SIDS program), Pathways for Grief and Loss, and Alliance for Suicide Prevention of Larimer County.

3Hopeful Hearts partners with the business community to provide bereavement presentations that assist when a co-worker has lost a child and how to integrate that person back to work successfully. We work with local agencies and



appear on professional panels (Dept. Of Human Resources, Larimer County Sheriff, Estes Park Victim Advocates, Fort Collins Police Department, et. al.) to help train and present during community service trainings, and we are part of a crisis team that educates and supports families within the Poudre School District.

A few years ago, two of **3Hopeful Hearts** founders and our staff were asked to consult with and participate in a national education project on perinatal loss by InJoy Health Education. InJoy supplies more than 80% of hospitals/healthcare facilities nationwide with their educational publications and videos.

JEDI (Justice, Equity, Diversity and Inclusion)

3Hopeful Hearts supports any race, gender, or religion. Child loss knows no boundaries, and we honor all who request our services.

3Hopeful Hearts understands that there are members of our community who are vulnerable or isolated due to income levels, race, age, and ability. We desire to seek those who might benefit from our services but do not know about us or who cannot reach us for any reason. We do this by gaining whatever information we can from referral sources and by employing outreach strategies. We understand that these vulnerable communities have disproportionately restricted access to sufficient health care and to social and economic opportunities, which increases risk of death within their communities and proper access to grief support as a result.

Our board has adopted a nondiscrimination policy that complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, religion, or sex (including pregnancy, sexual orientation, and gender identity). **3Hopeful Hearts** does not exclude people or treat them differently because

of race, color, national origin, age, disability, religion, or sex (including pregnancy, sexual orientation, and gender identity).

| CONSOLIDATED STATEMENT OF FINANCIAL POSITION | | |
|---|------------------|------------------|
| | FY2021 | FY2022 |
| ASSETS | | |
| Current Assets | \$101,796 | \$197,995 |
| Fixed Assets | \$438,383 | \$429,095 |
| Other Assets | \$197,981 | \$176,197 |
| Total Assets | \$738,160 | \$803,287 |
| LIABILITIES AND NET ASSETS | | |
| Current Liabilities | \$3567 | \$5944 |
| Notes Payable | \$32,258 | \$0 |
| TOTAL LIABILITIES | \$35,825 | \$5,944 |
| Net Assets | | |
| Assets without Donor Restrictions | \$692,470 | \$789,437 |
| Assets with Donor Restrictions | \$9,865 | \$7,906 |
| TOTAL NET ASSETS | \$702,335 | \$797,343 |
| TOTAL LIABILITIES AND NET ASSETS | \$738,160 | \$803,287 |



OUR IMPACT

| | |
|-------|---|
| 5,179 | <i>Estimated people impacted by 3Hopeful Hearts in any given year 2022-2023</i> |
| 1200 | <i>Cards are sent out annually to our families on their child's birthdate and death date anniversaries</i> |
| 2000+ | <i>Volunteer hours are donated by over 80 volunteers</i> |
| 1000+ | <i>Direct support meetings are provided through phone calls or one-on-one meetings</i> |
| 300 | <i>Families will attend the annual Walk to Remember</i> |
| 190 | <i>Listening Sessions provided by 3Hopeful Hearts</i> |
| 150 | <i>Families will attend the annual Candlelight Tribute</i> |
| 200 | <i>Healthcare professionals who attended our annual Perinatal/Pediatric Bereavement training at UC Health</i> |
| 108 | <i>Support groups provided</i> |
| 30 | <i>Youth ages 5-18 attending the annual Camp Braveheart</i> |
| 32 | <i>Mothers attending our annual Womens Retreat the weekend of Mother's Day</i> |
| 12 | <i>Family Support Team members provide one-on-one general support to families</i> |
| 9 | <i>Couples who attended the first Couples Retreat</i> |



LOOKING FORWARD

“The greatest loss a human being can experience is the loss of a child. There is no deeper or more far reaching pain. It doesn’t just change you, it demolishes you. The rest of your life is spent on another level. It is an indescribable journey of survival.” (Gloria Vanderbilt)

3Hopeful Hearts

was founded in 2008 to respond to families who have been thrown into this indescribable journey and now must find ways to survive and eventually thrive.

The **3Hopeful Hearts’** mission of providing bereaved parents and families opportunities to honor, find hope, and seek healing through grief companionship drives all outreach. Each month 3Hopeful Hearts reaches over 100 families through support groups, grief literature, personalized handwritten cards, and listening sessions; sadly each month over a dozen local referrals are received for newly bereaved families needing support after the death of a baby or child.

Youth impacted by child loss are often referred to as the forgotten mourners. It is estimated that 1 in 14 youth, prior to turning 18 years old, will lose a sibling or parent. When a child dies, the ripple effect is profound; siblings, friends, cousins and class-mates are deeply impacted. There is too little support available for grieving youth in this community. Research shows that bereaved children are at an increased risk of disrupted development. Unaddressed childhood grief and trauma can lead to short and long term difficulties including decreased academic performance, mental health issues and

early mortality. Another study indicated that incarcerated young men have had high incidences of unresolved grief in their early years. **3Hopeful Hearts** will seek avenues through partnership with other like-minded agencies to offer more outreach to bereaved youth. This includes expanding the Camp BraveHeart offerings and developing a grief mentoring program between middle and high schoolers.



In February 2022, **3Hopeful**

Hearts became mortgage free!

Achievement of this goal has allowed 3Hopeful Hearts, which is currently recognized as the local, go-to agency for child loss, to expand towards satellite centers and outreach programs throughout the region.

A probable 2024 development with the expansion of our mission is the implementation of the Memorandum of Understanding that **3Hopeful Hearts** has entered into with the Poudre School System. Through this

MOU, **3Hopeful Hearts** will teach grief literacy to middle and high school students, providing a journal to each student in the class. This program would impact over 16,000 students each academic year (number of 6th-12th graders in the district). Pending funding through grant writing and the fundraising successes during 2023 further address staff additions needed for this program. Decisions on timing are pending.

Leveraging the MOU and in conjunction with reliable corporate donors, **3Hopeful Hearts** has begun the process of seeding a model for a grief literacy course for workplaces and for HR/management. Historical data indicates that workplaces do not nearly address the needs of grieving families; one in four (1 in 4 or 25%) workers will be in a grief state during any given calendar year. While the MOU will be grant and donor funded, the corporate grief literacy model is intended to be revenue-producing. 🌱

Have A Gentle 2024



*3 Hopeful
Hearts*