



**3Hopeful
Hearts**

provides bereaved parents and families opportunities to honor, find hope, and seek healing through grief companionship.

honoring

hoping

healing

March Newsletter



Did you know?
3Hopeful Hearts is a BBB Accredited Charity?
We were featured in their newsletter!

BBB Welcomes Two New BBB Accredited Charities

The BBB Foundation is pleased to announce that two new local charities have recently become BBB Accredited. In order to become BBB Accredited, nonprofits are evaluated and must meet BBB's 20 Standards for Charity Accountability. These standards are a baseline set of best practices and review four key areas of interest to donors: financial management, fundraising and information materials, governance and oversight and measuring effectiveness. Congratulations!

- 3Hopeful Hearts
- Aspire 3D



3Hopeful Hearts



Aspire 3D





Teen overnight camp
April 18-19th

Camp BraveHeart is a camp for youth/teens, ages 12-18 who are grieving the loss of a sibling, parent or other close family member. Teens will have the opportunity to share feelings and memories with other youth who have experienced a similar loss. They will leave the weekend with a renewed sense of self and coping skills that will help them manage grief in everyday life.



The 2020 Camp BraveHeart is a 2day/1 night day camp for ages 12-18 at Sky Corral Ranch in Bellvue- campers will be bused from 3HH office.

April 18-19, 2020

FOR MORE INFO / REGISTRATION, PLEASE VISIT OUR EVENTS PAGE AT WWW.3HOPEFULHEARTS.COM. 970.430.6136

[Click Here to Register!](#)



Women's Retreat

Friendship ~ Sharing ~ Art~ Expression ~ Nature ~ Healing Yoga ~ Hope

Saturday, May 2nd
9 - 4 pm
Tamasag in Bellvue

[CLICK HERE to Register](#)





[CLICK HERE to Register](#)

3Hopeful Hearts Benefit Golf Tournament

Benefits bereaved families
in our community

June 13, 2020

- 9-Hole Event
- Shotgun start – 4 person best ball scramble
- Breakfast and lunch provided
- Gift bag and prizes!

Mountain Vista Golf Course
2808 NE Frontage Rd
Fort Collins, CO 80524



3Hopeful Hearts has been chosen as one of these 40 non profits!!
We are thrilled!



Starting March 2nd, 40 nonprofits will embark on a 40 day journey seeking to embrace the hearts of our thoughtful communities.



Click below to
learn more and
make a difference!

[CLICK HERE to Check out 40 Hands in forty days](#)



New 2020 Monthly Support Group!

Sibling Loss Support Group

This group is dedicated to supporting young adults who are grieving the death of a sibling. We offer a safe space to share your story and to hear from others traveling a similar path of grief in the hope that it may resonate with you.

Meets 1st Tuesday of each month

6:00 - 7:00 P.M.

Appropriate for ages 16+
No R.S.V.P. necessary

Meets at the 3Hopeful Hearts office -1610 S. College Ave.



[Click here for 2020 Calendar of Events](#)



Have your tax refund make an impact in Colorado!

Registration # 20143002543

(enter on your tax return)



Help support the 3HH House and honor your child



House Hearts

Sometimes, finding a way to honor the memory of your child can be difficult. Would you consider supporting the 3Hopeful Hearts House in honor of your child on the month of their birthday?

Your child's name will be painted on a heart and displayed as one of our House Hearts for their month.

This will be featured on our website and social media sites. After the month is over, the heart will be sent to you.

[Click here to sponsor a month](#)



WISH LIST FOR BEREAVED PARENTS

Reprinted from the Compassionate Friends

I wish my child hadn't died. I wish I had her back.

I wish you wouldn't be afraid to speak my child's name. My child was very important to me. I need to hear that she was important to you also.

If I cry and get emotional when you talk about my child I wish you knew that it isn't because you have hurt me. My child's death is the cause of my tears.

You have talked about my child, and you have allowed me to share my grief. I thank you for both.

Being a bereaved parent is not contagious, so I wish you wouldn't shy away from me. I need you now more than ever.

I need diversions, so I do want to hear about you; but, I also want you to hear about me. I might be sad and I might cry, but I wish you would let me talk about my child, my favorite topic of the day.

I know you think of and pray for me often. I also know that my child's death pains you, too. I wish you would let me know those things through a phone call, a card, note, or a real big hug.

I wish you wouldn't expect my grief to be over in a short period of time. I wish you could understand that my grief will never be over.

I will suffer the death of my child until the day I die. Grief is a lifelong process. I am working very hard in my recovery, but I wish you could understand that I will never fully recover.

I will always miss my child, and I will always grieve that she is dead. I wish you wouldn't expect me "not to think about it" or to "be happy." Neither will happen for a very long time, so don't frustrate yourself.

I don't want to have a "pity party", but I do wish you would let me grieve. I must hurt before I can heal.

I wish you understood how my life has shattered. I know it is miserable for you to be around me when I'm feeling miserable. Please be as patient with me as I am with you.

When I say "I'm doing okay", I wish you could understand that I don't "feel" okay and that I struggle daily.

I wish you knew that all of the grief reactions I'm having are very normal. Depression, anger, hopelessness and overwhelming sadness are all to be expected. So please excuse me when I'm quiet and withdrawn or irritable and cranky.

Your advice to "take one day at a time" is excellent advice. However, a day is too much and too fast for me right now. I wish you could understand that I'm doing good to handle an hour at a time. Please excuse me if I seem rude, certainly not my intent. Sometimes the world around me goes too fast and I need to get off. When I walk away, I wish you would let me find a quiet place to spend time alone.

I wish you understood that grief changes people. When my child died, a big part of me died with her. I am not the same person I was before my child died, and I will never be that person again. I wish very much that you could understand my loss and grief, my silence and my tears, my void and my pain. BUT...I pray daily that you will never understand.