



August Newsletter

Grief doesn't stop for COVID 19, and neither will we.

Please know that 3Hopeful Hearts is still here and responding with continued grief support, zoom support groups, and virtual events.



3HH is here for you!

Please read to learn more about how we are staying safe and staying engaged with our wonderful 3HH community.



Support Groups will meet IN PERSON and also be available via ZOOM

We are SO excited to announce that we are able to offer our August support groups in person at the Center for Hope.

Please know that we are taking COVID restrictions seriously and will be following all CDC recommendations and regulations.

If you are not feeling ready or comfortable to meet in person, we are still going to be offering zoom groups.

We will zoom you into a meeting so that you feel like you are truly apart of the group.

Links and details will be posted on website as well as in reminder emails.

AUGUST EVENTS



What: Teen Day Camp

When: August 22nd, 2020 9:00AM- 3:00 PM

Where: Colorado Youth Outdoors

[REGISTER HERE](#)

Camp BraveHeart is a day 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 explore feelings and share memories with other youth who have experienced a similar loss. They will leave this day with a renewed sense of self and coping skills that will help them manage grief in everyday life.

Mother's Retreat

What: A day of hope for Grieving Mothers

When: August 29, 2020

Where: Center for Hope:
712 Whalers Way A201
Ft. Collins, CO 80525



The Mother's Retreat is designed to be a safe haven for those mothers who have suffered the loss of a child. This day will be focused on nurturing bereaved moms and allowing for a supportive space to share stories and focus on grief coping opportunities.

There will also be an upcoming mother's retreat in October

[REGISTER HERE](#)

UPCOMING FALL EVENTS

Save The Date!
September 10th & 11th
Open House!

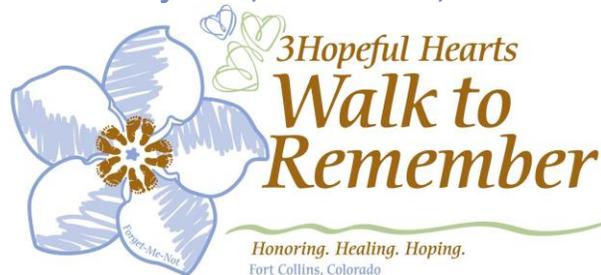
We cannot wait to show off our new Center for Hope.

This space could not have been possible without all of your generous donations and time.

Stay tuned for more details.



Save the Date!
September 13th, 2020
Walk to Remember
City Park, Fort Collins, CO





Save the Date!

September 21st, 2020

Presentation on:

Rebuilding Life after Loss

*by 3Hopeful Heart's Executive Director,
Doreen Horan, MS, LPC, FAMI*

To learn more about Doreen Horan

[**CLICK HERE**](#)



Understandably, our live educational evening with Dr. Alan Wolfelt on 9/21/20 is being post-poned until 9/28/21 due to the temporary close of The Drake Center.

Dr. Wolfelt looks forward to reconnecting with each of you next year!

[**REGISTER
HERE**](#)

This talk will discuss ways to rebuild one's life after loss. Talk discussion points will include the importance of rituals, being truthful with yourself and accepting the reality, which leads one to find strength to cope with loss, change, and transition.

To rebuild life we will share ways to find sources of inspiration which provide new energy, renewal of life through continued purpose, and resilience through renewed meaning in life.



Save the Date!

October 2, 2020

Stay tuned for fun event updates!

This year's lineup:

Liz Barnez

Dave Beegle

Steve Manshel Band

DID YOU KNOW?

3HH has a "**Call Companion**" list available that has a list of parent companions for you to talk to or text.

Please call 970.430.6136

to talk to one of our staff for access to this list.

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 House Heart



THANK YOU VOLUNTEERS!

In July, we had a small and dedicated group come to the Center for Hope to build some amazing shelves in our closets and helped weed and garden our outdoor space.

The Center for Hope is truly becoming our home and we couldn't thank everyone enough for all of their hard work.