

November Newsletter

We are here for you! 3HH continues to offer grief support.
Now offering zoom support groups, in person support, and virtual events.



Dear 3Hopeful Hearts families, sponsors and community,

We enter November with Gratitude and Thanksgiving. A time to reflect on 2020, the changes, the challenges, the losses and we reach within for hope and light.

We care about you and we are here for you all winter long. During the next four Fall and Winter months, you and your family's needs are our primary focus.

3Hopeful Hearts is taking a responsible stance and announcing that we will be holding **ALL Support Groups via Zoom November through February.** Reassessment will occur for our March 2021 groups.

3HH will continue to "remain open" and offer one-on-one phone calls and in-person or Zoom family meetings for support during these months.

3Hopeful Hearts will continue to serve, support and companion you. You are not alone. We will continue to provide all of our monthly support groups, virtually, look for the details in each of our Support Group invites that will personally come to you via email and text. Our "Call Companions" are ready to talk with you. Family events will continue in new formats. We all need to stay connected to each other and to all of our circles of support.

Read below to learn about our upcoming events: Couples Retreat at 3HH, Nov. 21st; Virtual Candlelight Tribute & Grief and The Holidays Talk, Dec. 6th; Join us outdoors at McKee for our Angel Tribute on Dec. 13th and remember to support us on Dec. 8 for Colorado Gives Day!

Thank you to our families, friends, sponsors, donors, volunteers, and business community who make certain that we have the resources to provide services to our families in need. We are grateful you chose to bring hope and healing to all families who have lost a child. Thank you to our Northern Colorado Health Care Providers and Fire Fighters!

We hold your health and wellness in our hearts,

Doreen Horan
Executive Director



Upcoming Events



November 21st- Couple's Retreat- SOLD OUT!



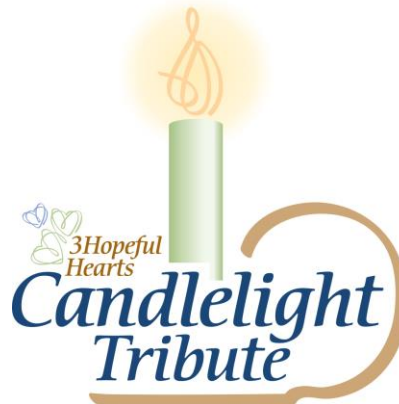
**December 6th-
Candlelight Tribute & Grief and the Holidays Virtual Event**

Pick up your Candlelight Tribute gift bag at
3Hopeful Hearts

Drive by pick up with 3HH greeting you at your car!
- Gift bags include a candle, readings,
and a small gift

Thursday, Dec. 3rd, 11A-1P, 4-5P, or after hours
Friday, Dec. 4th, 11A-1P, 3-5P, or after hours

More information to come in December Newsletter



December 8th-



We are so excited to be a part of another year of Colorado Gives Day!
Give where you Live. **Starting November 1st** schedule your 2020 Gives Day
donation with us [TODAY!](#)



December 13th- Angel Tribute

Join the global wave of light at 7PM around the world in remembrance of all children who have died.

Outdoor Event at McKee Angel Statue
Loveland, CO



Taelyn Livingston / Loveland Reporter-Herald



95%



We are so thankful for each and every one of you who has helped us reach 95% of our Music Benefit and Auction fundraising goal! We are completely blown away by the generosity of our community in helping us raise over \$23,650!!



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



Understanding Your Grief: Hope for the Holidays- Dr. Alan Wolfelt

"Grieving the death of someone loved is often naturally difficult, but during the holiday season it can seem overwhelming. This is particularly true this year with the challenges with COVID-19. In this compassionate video, **Dr. Alan Wolfelt** provides practical suggestions that will help you survive and still embrace hope during this unique and challenging time. He will remind you to be self-compassionate and seek and accept the support you both need and deserve."

Video Link: <https://www.youtube.com/watch?v=N32kzjlk3C8&feature=youtu.be>

- Center for Loss & Life Transition