

January Newsletter

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



3Hopeful Heart families and community,

Beginnings can hold both fear and hope, both ambiguity and promise. 2020 was hard for most, and heartbreaking for many. The new year invites us to review the past year, treasuring the good memories and releasing that which no longer serves us. The new year also invites us to renew and refresh our mind and outlook so we can willingly journey forward through the wilderness into a season of hope. May the beauty of nature fill your heart with peace and hope throughout the new year.

We wish you more peace, more light and more healing in 2021,

Doreen Horan
Executive Director



Support Group Updates/Schedule

We look forward to continuing to support our 3Hopeful Hearts families with our ongoing monthly support groups.

As of January 2021, we have one change:

The **Child Loss by Suicide Passing Support Group** will be meeting on the **3rd Thursday** of each month.

Please note this will not be in affect until January 21st, 2021.

Sibling Support: This group is for anyone 18+ who is a bereaved sibling.
1st Tuesday/month, 6:00-7:00PM

Pregnancy/Parenting After Loss: This group is appropriate for anyone who is trying to get pregnant, is currently pregnant, or is a bereaved parent to other children.
1st Wednesday/month, 6:30-8:00PM

Miscarriage Support: This group is for those impacted by the loss of a pregnancy less than 19 weeks.
1st Thursday/month, 5:30-7:00PM

Grieving Dad's Support: This group is focused on the complicated grief that fathers/father figures can experience.
2nd Tuesday/month, 6:30-8:00PM

Grandparent Support: This group is focused on bringing together grandparents who have shared the experience of the loss of a grandchild.
2nd Tuesday/month, 10:00-11:00AM

Child Loss by Substance Passing: This group is appropriate for anyone who has a child of any age die due to an addiction or substance abuse.

2nd Wednesday/month, 6:30-8:00PM

Perinatal/ Infant Loss: This group is for anyone who has experienced a Perinatal loss which can include but is not limited to: miscarriage, ectopic pregnancy, stillbirth, and neonatal death.

2nd Thursday/month, 6:30-8:00PM

Child Loss Support: This group is for bereaved families to share their stories and find a sense of shared empathy and renewed strength.

3rd Tuesday/month, 6:30-8:00PM

Child Loss by Suicide Passing: A safe place for families who have experienced the death of a child by suicide.

3rd Thursday/month, 6:30-8:00PM

Teen Talk with Peers Loss Support: This group is for anyone ages 12-18 who has experienced a loss and wants to connect with other teens who are experiencing the feelings of grief.

4th Thursday/month, 5:00-6:00PM

If you wish to update your family profile and subscribe to different support group notifications, please click the button below.

[Click Here](#)



Upcoming Events/Activities:

Please be on the lookout for an upcoming

February Heart Activity

in the February Newsletter.



[CLICK HERE to sponsor a House Heart](#)

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.

