

July Newsletter

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

Dear 3Hopeful Hearts Families and Community,

As we head into July, many people gather for family BBQ's, fireworks and get-togethers. Summer is definitely a time for relaxing and having outdoor fun with the people you love most. But the summer holidays can be extremely hard to handle when you are grieving the death of a child. Many people aren't sure how to handle the dichotomy of wanting to be around those they love and yet feel the sadness for their loss.

To deal with your grief this summer, allow yourself to feel your pain, sadness and/or loneliness. Recognize that the feelings of grief are an important part of the healing process. Stuffing your feelings down often prolongs your grief. Choose wisely, it's typically not best to completely avoid being social with your loved ones. Choose to consider attending the events you think you can handle and feel free to say no to other gatherings that might bring you to a dark place. Ultimately, you are the only one who knows how you feel and what you can handle.

3Hopeful Hearts wishes you some relaxation time this summer. Make time to be alone and allow time to gather with those you love.

With Hope,
Doreen



THANK YOU to everyone who participated in our
June Events!

We are so grateful to all our volunteers who helped
make them happen.

Special thanks to BFF Gym, Mountain Vista Golf Greens, Colorado Youth
Outdoors,
and Sky Corral Ranch for helping host our events.



Mark Your Calendars!

Walk to Remember: September 12th- **Registration coming soon!**

An Evening with Dr. Alan Wolfelt: September 21st- [Click to learn more](#)

Music Benefit and Auction: September 24th- **Registration coming soon!**



Save the Date!

What: 2021 Music
Benefit & Auction

When: September 24th, 2021

Where: Mountain Vista Golf Course

Featuring: West Side Joe & The Men of Soul

Event Details &
Registration coming soon!



[Click HERE for the](#)

[2021 Support Group Calendar](#)



[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.



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