

# You can help

Please join us in helping families who are processing their personal grief.

Your support makes a difference in the mental health and quality of life for children and teens who live in our community.

There are many ways to help:

- Contribute funds to support the mission—although groups are free to families, it costs about \$500 per child for one year of support.
- Enroll in training to become a group facilitator.
- Provide meals to families on the meeting nights.
- Invite a member of our speakers bureau to present to your group, club or organization.
- Support our fund raisers and programs by providing in kind goods and services.
- Visit <http://johgriefsupport.org> to make a donation, sign up for our mailing list and find out about volunteer opportunities.



# History

Journey of Hope Grief Support Center was founded in 1997 by seven caring people who saw the need to support children, teens and families in the North Texas area who had experienced the death of a loved one. The first no fee support groups were held in June, 1998, and have continued since that time.

In 2006, the Board of Directors saw the wisdom of enlarging the mission to include support groups for young adults and one for children and their families when someone they love is terminally ill or suffering a long-term, life-threatening illness. The latter group is known as Treasured Times.

*There were tears, there are always tears when your heart is broken, but the common theme and attitude was HOPE.*

-Elissa, age 16

*How do you get your kids through the unthinkable event that their Dad is dead? We needed some support and guidance, and the school counselor directed us to Journey of Hope. I found strength and healing in this wonderful group. More importantly, my children started to talk and open up.*

-Dorothy

*After Michael's death, my husband didn't talk about him at all, so I thought I shouldn't say anything either. Going to Journey of Hope has really helped. Now he talks about Michael at home as well as in our group, and that has helped our son Thomas and me.*

-Marie

## Journey of Hope Grief Support Center *Where Children's Hearts Begin to Heal*

3900 West 15th, Ste 306  
Plano TX 75075

Phone: 972-964-1600

Fax: 972-964-1602

<http://johgriefsupport.org>

[director@johgriefsupport.org](mailto:director@johgriefsupport.org)

Journey of Hope is a 501(c)(3) nonprofit corporation. Donations are tax deductible.

## Journey of Hope Grief Support Center

*Where Children's Hearts Begin to Heal*



**A Center for grieving  
children, teens, young  
adults and their families**

# The Program

By age ten, one out of seven children experience the death of a loved one. Without support, children may develop behavior problems, depression, anxiety, or more serious psychiatric disorders.

Participants at Journey of Hope are provided a place where feelings can be expressed openly and honestly in the supportive presence of others who are feeling similar pain.

Families interested in attending the program may call the center and set a time to discuss their needs and how the program may help them.

An interview is held to talk about program placement. If counseling is also recommended, an appropriate referral is made.



Children  
are  
forgotten  
mourners



*Healing broken hearts sometimes means remembering to have fun. JOH families participate in special events like a fun festival, balloon lift and swim party.*

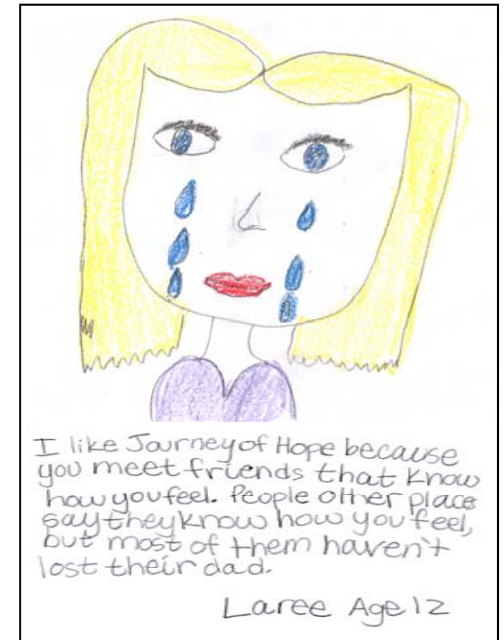
## The Groups

The evening sessions begin with a buffet meal provided by community volunteers. Families and facilitators enjoy the meal together.

Children and teens go to age-appropriate groups led by volunteer facilitators, who are trained in both developmental and grief processing needs of mourners. Participants engage in Hands on activities—stories, art, drama, games, journaling and memory-making.

Adult participants share their thoughts and feelings with others who have experienced the death of a child, spouse or significant person.

Families may attend the sessions for as long as the support groups are meeting their needs.



Children like Laree, whose father died, are at risk:

- ♥ 5 times more likely to commit suicide
- ♥ 9 times more likely to drop out of high school
- ♥ 10 times more likely to use drugs
- ♥ 20 times more at risk for behavior disorders

Peer support groups, like those at Journey of Hope Grief Support Center, help counter the sense of loneliness and isolation children feel and provide a safe place for healing and healthy mourning.

Journey of Hope offers free support groups for children, teens, young adults and their families as they learn to mourn the death or impending death of their loved one in a safe, caring, nurturing environment.