

Journey of Hope Young Adult Grief Support Group



Journey of Hope Grief Support Center

offers support in a warm, caring,
and nurturing environment where
the feelings of grief, pain, and
loss may be expressed.

CONTACT JOURNEY OF HOPE

3900 W. 15th Street,
Suite 306

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(972) 964-1602 fax
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www.johgriefsupport.org

Grief Support after the Death of a Loved-One

- Young Adults 18-35
- 2nd & 4th Tuesdays 6:30pm to 8:10
dinner included
- No cost for support groups
(no child care available)
- Call for enrollment procedures

FEELINGS OF GRIEF

Anger, Frustration,

Guilt,

Depression, Emptiness,

Fear...

Sponsored by



And *Healing Matters* at



“Everyone grieves when someone loved dies, but if we are to heal, we must also mourn.”

- Alan Wolfelt, PhD



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HISTORY

The idea of a support program for grieving families was conceived in 1996 when a group of counselors, educators, and a registered nurse became acquainted with a similar program in Ft. Worth called the WARM Place.

When they discovered that families were driving from Plano to Ft. Worth to attend these group sessions, they decided to start a no-fee program in Plano that would serve Collin County, North Dallas and surrounding areas.

In December of 1997, the agency received its 501 c (3) status, and the first groups began to meet in June of 1998.

THE PROGRAM

Young Adults age 18-35 interested in attending the program should call the center to



set up a time to discuss their needs and find out how the program may help them. An interview is held to discuss program placement. If counseling is also recommended, an appropriate referral can be made.

MISSION

The mission of Journey of Hope Grief Support Center is to provide support at no cost 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 and nurturing environment.

Journey of Hope also offers groups for those who have a loved one who is ill and facing impending death.

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

ORGANIZATIONAL VALUES

At the Journey of Hope Grief Support Center we -

~ Offer support, not counseling, for children, teens and young adults who are grieving the loss of a loved-one.

~ Use developmentally appropriate curriculum delivered by trained facilitators

~ Partner with and are responsive to the needs of the community

~ Are able to support people of all faiths because we are a nonsectarian, nondenominational organization

• Receive Support

• Learn to Mourn

• Reconcile your Grief

• Meet Friends

• Remember your Loved-One

• Share

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