



**“Hope is being able to see that there is light despite all the darkness.
– Desmond Tutu**

Death is a thief. It takes more than a life; it steals dreams, relationships, and some of what makes a life worth living. The tunnel of loss that follows can be dark and lonely. But HOPE Connection -- through our caring support groups, therapists, and mentors -- opens a window to let light – and life -- back in.

“HOPE has given me strength,” says Valerie, who joined our Spousal Loss group three years ago. “I was in such dismay. I didn’t know what to do. Then I found HOPE. My first thought, after my first meeting, was I never knew that four little letters could give me so much.”

“What HOPE gave me, when my husband died, was my life,” says Evelyn, who began as a member and later returned as a therapist. “I thought my life was over,” she explains. “There was no hope. By being with other people going through the same journey...I could see the light at the end of the tunnel.”

Michael, a member and mentor, would agree. “All I wanted to do was be with my wife,” he says. “I didn’t want to be in this world any longer.” But HOPE Connection helped him look at the world through kinder eyes. “It has opened a new world of wonderful gifts ,” he says. “Reasons to continue, things to look forward to, that bring me joy.”

As we come into this season of giving and thanks, we want to express our gratitude to the members who trust us with their grief and healing, the compassionate professionals who create these healing spaces, the dedicated alumni who stay to volunteer and mentor, and the generous donors who make HOPE Connection possible.

We can’t do any of this alone. It is your support that gives us the strength and the backbone to build a better community. Your referrals help hurting hearts find us, and your contributions help us to help them walk a healthy journey through loss.

Please take this opportunity to become a HOPE angel by sending a contribution today. We have enclosed a donation envelope, or you can conveniently donate online by going to: <http://hopegroups.org/donate/>

Hope is one of the most powerful words in the English language. Gratitude is another. Thank you for helping us bring hope to more hearts on the journey from grief to life.

Jo Christner, Psy.D.
Executive Director

HOPE Connection is a 501(c)(3) organization, tax ID is 95-3551421.
Your donation is tax deductible to the fullest extent of the law.
www.hopegroups.org * 818-788-HOPE (4673)