



"Grief is not an enemy to be conquered; it is a road to be traveled." – Unknown

It's all about the journey, say the poets and philosophers. The journey, not the destination. The journey that matters. The journey that begins with one step. It's the image of life as an open road. Then someone dies – a parent, a spouse – and you find yourself on the shoulder of the highway with a flat tire and an outdated map. Of course, you can't live on the side of the road, so you take one small step: you call for help. And you find hope.

HOPE Connection has spent decades answering calls like these, offering comfort and safe spaces on the path through loss: places where we can be witnessed, where we can cry and tell the hard truth. Every year, we support grief travelers through our growing communities. Our Spousal Loss groups are thriving in person at Wilshire Boulevard Temple, Valley Beth Shalom, and the HOPE office in Agoura Hills – and we are so grateful for those venues! Our Parental Loss group remains online to reach an expanding geographic area. And our two New Beginnings Alumni groups give graduates "a bridge to cross over" from the two year program so that they aren't suddenly traveling alone.

The writer C.S. Lewis compared grief to a "long valley, a winding valley where any bend may reveal a totally new landscape." And this is the grieving process...learning to adapt and to redefine a changed life. As a client once said, "I don't know where I'm going, but I know I can't go back." At HOPE Connection, we help you find your way forward. And we accompany you on this journey to a renewed life in a new landscape.

Of course, we can't do any of this alone. It is your support that gives us the strength and the ability 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.
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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.

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