



Changes with
HOPE

Give and Change a Life

Your donation means so much.
Whatever amount, your donation changes a life.
Send your tax deductible donation to our mailing address
or through PayPal online. Find out more about
what your donation accomplishes on our website.

www.griefHaven.org

BOOK A PRESENTATION

griefHaven offers specialized and educational presentations
designed for conferences, retreats, first responder
groups, businesses, medical and education professionals,
and other professional associations.



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The Path of
GRIEF



Where Hope Resides

*Someone you love has died.
Grief is now a part of your life.
Your life has changed forever.*

We can't change it back,
but we can help you go forward
as you rebuild your
life without your loved one.

Grief can be an elephant in the room, sometimes minimized or even ignored. But you who are in it can't escape it. Where do you go? What do you do? How do you go on?

griefHaven has answers for you.

Started by Susan Whitmore in 2003 after the death of her only child, Erika, griefHaven exists to support anyone who is grieving. griefHaven does so with unique and specialized approaches to grief. These include scientifically proven tools working with the grieving brain, educational information to understand grief, and essential guidance in supporting oneself.

*We are here because we care ...
and because we too have loved and lost.*



Grief Support and Education Provided for
Grievers and Those Who Support Them

**Please visit us at
www.griefHaven.org**

What We Provide

Unique, loving, and effective support through ...

- **Grief Experts** – Trained grief experts who personally know and understand the grief journey.
- **Speakers** – Professional grief specialists who provide inspirational and educational talks on diverse grief topics at conferences, retreats, and other events.
- **Packet of Hope** – Overview of the grief journey, uniquely tailored to each specific loss.
- **Counseling** – One-on-one grief counseling from therapists and counselors who know loss firsthand.
- **Support Groups** – Led by trained professionals who have themselves experienced the same or similar loss.
- **Website** – 24/7 website worldwide—replete with unique resources to comfort, support, and educate.
- **Newsletter** – Quarterly newsletter, *The Journey*—edifying, life-affirming information for all.
- **Now You Know™** – Quick, informative video presentations addressing key topics of interest.
- **Workshops/Events** – Educational workshops and events for the bereaved and for the public at large.
- **Presentations** – Educational presentations for professionals and specialists who want to better support those experiencing loss.
- **Science** – Use of new, scientifically validated methods to work effectively with the “grieving brain.”

*We are here for you ...
just a heartbeat away.*