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.

15332 Antioch Street, Suite 147
Pacific Palisades, CA 90272-3628
310.459.1789 • hope@griefHaven.org
www.griefHaven.org

Changes with HOPE

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.

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.

Please visit us at www.griefHaven.org