



The goal of the HOPE Program is to help you understand the grief process so you can deliberately and concisely grieve your loss and eventually heal.



The mission of the HOPE program is to help those hurting to learn the grief process and recognize that in completing the necessary tasks, they will heal.



It is important that all who are grieving understand:

- The loss may be recent or in the distant past
- The array of thoughts and feelings that a griever experiences are normal
- It takes an average of two years to grieve
- HOPE offers FREE, Seven Week Programs
- Meetings are led by a hospice trained volunteer facilitator

***Blessed are those who mourn,
for they shall be comforted.***

—Matthew 5:4

**BEFORE YOU CAN HEAL YOU
MUST FULLY GRIEVE YOUR LOSS.**

*To learn how
please contact one of our hospice
trained, volunteer program
facilitators*

There is healing
There is **HOPE**

SUGAR LAND

ST. LAURENCE CATHOLIC CHURCH
3103 SWEETWATER BLVD.
SUGAR LAND, TX 77479

CONTACT:

KATHY HEINEMANN 281-468-0738
ANNETTE BISANZ 713-569-4490

KATY:

REBECCA SUTHERLAND-SIMMER 281-900-0317
JENNIFER ZIMMERMAN 713-410-7177

WOODLANDS

MICHELLE HEBERT 281-433-7779
JEANETTE STRAUSS 936-689-9001

GRIEF PROGRAM



HOPE

HELPING OUR PAIN EASE

**Learn How to Ease the Pain of Grief
After the Death of a Loved One**

HOPE is a free, adult informative grief support group which helps in processing and learning how to cope with the death of a loved one. Although everyone's grief is unique, there are four behavioral and psychological tasks that a person must complete in adjusting to his loss. The Hope Program focuses on how to complete these four tasks.



*At the blueness of
the skies
And in the warmth
of summer,
We Remember Them*

Sylvan Kamens & Rabbi Jack Reimer

*Grief is experienced by
every race, faith, gender
and ethnicity*

To discern whether the HOPE
program is right for you
please contact one of our
hospice trained, volunteer
program facilitators

HOPE

HELPING

OUR

PAIN

EASE

*No man or woman
should be alone
in their grief*



WALK ON, WALK ON WITH
HOPE IN YOUR HEART AND
YOU'LL NEVER WALK ALONE

**Rogers and Hammerstein,
Carousel**