

FH/HH Participant QUOTES:

Here is what has been said about the experience of the Finding Hope/Healing Hearts group:

"[The group] normalized feelings and situations; felt comfort with new friends; hope was built"

"That I'm not the only one going through this; that slowly it will get better; there will be ups and downs"

"Commonality and continuity; facilitators compassionate and real in their approach; each person has added to the group"

"Enjoyed sharing experiences with others in the group; realizing I'm not crazy after all"

* At the first meeting.....Hesitant, feeling like I couldn't express my sadness or loss to these strangers. I couldn't even read aloud a sentence in support group guidelines...

* Found that not only was this a room of warm comfort full of others who were hurting and trying to feel normal and that my bursts of sadness were part of walking this path and that these strangers were becoming to me not strangers anymore. It became very comforting to be at this FH/HH haven.

* I learned I need to give back what I learned. It was the best decision to join FH/HH Group. You learn that EVERYTHING you are experiencing you are not alone and it also made me realize that others loss's in some ways were more challenging than mine, but didn't mean that we hurt any different or less.

* I always felt God had watched over me in all my child and adult years, but as I listened and learned....I realized that he again was watching me and felt I should walk this journey so I can love my FAITH even more.

I once again would like to thank you for conducting the "Finding Hope/Healing Hearts group. It was a very rewarding journey.

Here are my thoughts on my experience in the FH/HH group:

- 1) Realizing I was not alone going through this journey
- 2) Being able to ask others for help
- 3) Finding hope with the help of others who are making this journey through the forest

1. It's helpful to be in a room with other people who have experienced the same sort of loss. They understand and you can speak to everyone and they will be better listeners.
2. The tips and advice on the grieving process were extremely helpful. It explains what I'm going through and lets me know others are going through the same thing.
3. I got to meet some great people!

Here are my three things that I found most helpful about our Healing Hearts Group;

1. A safe place to talk about my experience of loss with others who experienced that same loss.
2. A wonderful book & journal to keep us on track and to guide our discussions each week.
3. Chances to bring in pictures, special items, to share things we are thankful for as we remember our spouses.

I have had things bottled up for so long after my husband passed away, keeping most everything to myself. This group has helped me to open up and let things out and it has helped me understand and cope much better.