

GRIEF AND HOPE SUPPORT GROUP

A space to share, listen, and heal—together



This peer-led group encourages open conversation and connection over coffee. A grief-trained leader will be present to help guide discussions and support emotional needs as they arise.

Join us at the Hampel-Wuest Grief & Hope Center

What to Expect:

- Peer-led discussions
- Compassionate listening
- Guided support from a grief-trained leader
- Safe space to honor grief and explore hope

Monthly groups from 9:00 am - 10:30 am

Women Only – 2nd Wednesdays
Men Only – 3rd Thursdays
Co-Ed – 4th Wednesdays



Free of charge
Open to all adults grieving a loss due to death
For more information or to join, please contact:
Grief & Hope Center (830) 358-5300