

# 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**



**HOPE**  
HAMPEL-WUEST  
GRIEF & HOPE CENTER

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**