

HELLO GRIEF

www.hellogrief.org

A place to share and learn about **GRIEF** and **LOSS**

everyone

Comfort Zone Camp developed HelloGrief.org to start a discussion about the impact of loss and build a community of support for those living with grief.

We do that in the following ways:

Community support — Hello Grief offers an online community of real people walking the walk. The community is an extension of our camp philosophy that you are not alone.

Sharing and Remembering — You can create interactive memorial walls, and share your good times and bad in the forums, or via blog posts.

Stories and Opinions — In a blog-style format, our articles are from real people, with real opinions, and range from personal stories about living with a loss, to suggested coping strategies provided by grief experts.

Resources — We want to connect you with bereavement organizations in your area, so we provide a list by state, and nationally.

Monthly Polls — Our monthly polls ask questions related to life with loss in order to spark conversations about things most people are afraid to talk about.

Validation — From your peers, or from our authors, Hello Grief aims to let you know that whatever you are thinking and feeling is OK.

It is OK to grieve, talk, cry, be happy, and live a full life, even with Grief.

teens

parents

mentors &
friends

Up-to-date Research
on **GRIEF** and **LOSS**



SAY HELLO
in our FORUMS

follow us!



YouTube

After my loss, our family dynamic changed most dramatically by:

- Bringing the rest of the family closer together
- Breaking the rest of the family apart
- Changing our financial stability
- Changing our living situation
- It didn't really, we kind of pretend it didn't happen

Vote at hellogrief.org

We're not afraid to talk about **GRIEF** and **LOSS**

Hello Grief provides information and resources about grief in order to break through the current culture of avoidance that surrounds death and loss. Instead, Hello Grief addresses bereavement head-on for those who are helping others cope, as well as those who need support on their own personal journey with grief. In a world that doesn't get it, we do.

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