

## Grief Support Groups

- ❖ Provided at no cost to participants
- ❖ For adults who have experienced a death loss of a spouse, child, relative, or close friend.
- ❖ For teens and children ages 5-18 years old who have experienced a death loss of a parent, grandparent, sibling, relative or friend.
- ❖ For teens and children ages 5-18 years old and the adults attached to them that are experiencing a divorce, separation or abandonment.



## Charitable Contributions

The LightHouse for New Hope could not exist without the financial support of this caring community. If you would like to make a financial gift or a memorial gift in memory of a loved one, please fill out the information below and:

Mail to:  
**The LightHouse for New Hope**  
 P.O. Box 851030  
 Mesquite, TX 75185-1030

IN MEMORY OF     IN HONOR OF

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**SEND ACKNOWLEDGEMENT OF DONATION TO:**

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_

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**GIVEN BY** \_\_\_\_\_

**Address** \_\_\_\_\_

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All gifts are tax deductible



A Sponsor of the LightHouse for New Hope



Adult & Children Grief Support Groups

972-226-3110

**The LightHouse**

for New Hope

Helps  
Heal  
Broken  
Hearts

*The Light in Children and Families Storms*

The LightHouse for New Hope is a nonprofit, 501(c)3 organization serving Dallas and surrounding counties

## Signs of Someone Grieving

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- ❖ Sleeps too much or unable to sleep; nightmares
- ❖ Physical illness in which no medical cause can be found (Stomachache)
- ❖ Unable to concentrate, unable to perform simple tasks at work or school, making more mistakes than normal
- ❖ Change in behavior when interacting with peers & family. (Withdrawal, deep sadness, crying more than usual, anger, fighting, even an increase in activity hoping not to feel the pain of grief.)
- ❖ Loss of appetite
- ❖ Some may begin to use or increase use of alcohol or drugs
- ❖ Obsession with death or dying, sometimes having suicidal feelings

**TO ENROLL IN A SUPPORT GROUP CALL**

**972-226-3110**

**OR GO ONLINE TO WEBSITE AND  
DOWNLOAD ENROLLMENT FORMS**

**[www.lighthousefornewhope.org](http://www.lighthousefornewhope.org)**

## Our Vision

**Our youth are hurting, our families are grieving, our Seniors are mourning. The most vulnerable in our community need a place to turn to. None of us can escape the pain of grief and loss.**

**Our Vision at The LightHouse for New Hope is to establish and sustain a facility that will be there for our community when loss occurs.**

**A "Safe Haven"**

**A place where memories can be remembered and wounds healed.  
A place to play and feel and talk and listen to life's experiences.  
A place for children and adults to not feel so alone with their loss.  
A place that brings "Light" into family's dark and stormy days.**

*"Blessed are those who mourn  
for they shall be comforted."  
Matthew 5:4*

## Support Group Meeting Times

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### Fall Spring & Summer Sessions

Adults with children death loss groups meet weekly for 14 weeks



Adults with children separation or divorce loss groups meet weekly for 14 weeks



Adults death loss groups meet weekly for 10 weeks



**Call for Information  
on Starting Dates and  
Locations**

**972-226-3110**