

# JOURNEY TO HOPE

## Virtual Grief Support Group for Young Adults 19-25



An atmosphere of compassion and confidentiality allows young adults ages 19-25 to become empowered and equipped with tools that will help them journey through the grief process.

This safe virtual setting is designed to provide young adults with an environment where they will be supported by peers and given the opportunity to participate in conversations to help them heal and adjust to their new normal.

Journey to Hope offers a place to express feelings and concerns, to ask questions, and to learn ways to better manage the stress and sadness of grief alongside other young adults with similar experiences.



For the current schedule of  
meeting dates and times,  
please email

[information@newhopeforkids.org](mailto:information@newhopeforkids.org)

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NEW YORK LIFE  
FOUNDATION

This service is provided at no cost to attendees.

Registration is required to attend.

[information@newhopeforkids.org](mailto:information@newhopeforkids.org)