

A Time for Hope, A Place for Healing, A Way to Health



*Are you struggling with a **loss** that feels painfully overwhelming and lonely?*



H3 is here to help you realize you're not alone.

Support can make a real difference.

*On the 2nd Wednesday of every month at 6 pm- **H3** will hold a **HEALING HEART CIRCLE (Open Bereavement Support Group)** designed to help you connect, share and learn how we can help you find the peace you need.*

Don't suffer alone. Let us help.

The HEALING HEART CIRCLE is led by licensed therapists certified in the use of The Grief Recovery® Method.

Registration is required. To let us know you are coming to the Circle, please call: (586) 335-2006 or email us at support@H3EmotionalWellness.com

The HEALING HEART CIRCLE will gather at 6:00 pm on

May 11th; June 8th; July 13th; August 10th; September 14th; October 12th; November 9th; December 14th

Participate in the HEALING HEARTS CIRCLE at no cost. For personal wellness services, many insurance plans are accepted.