



***About Helping Parents Heal
a safe place for bereaved parents,
family, and friends***

Our mission is to help parents whose children have passed on, giving them support and resources to aid in the healing process. We go a step beyond other groups by allowing the open discussion of spiritual experiences and afterlife evidence but in a non-dogmatic way. We welcome *everyone* regardless of religious (or non-religious) background and allow for a very open type of dialog. We receive all and do not judge people or their children on the basis of life choices.

Through personal experience, the leaders of *Helping Parents Heal* have come to recognize several factors that contribute to the healing process. These elements include caring support from others, interaction with people who have also experienced loss, service to others, personal transformation and, perhaps most importantly, discovering a reason for hope. In particular, we are referring to hope that comes from acknowledging our spiritual nature and understanding that our loved ones continue on in spiritual form after physical death.

Evidence for this truth has been revealed to us in various ways: documented clinical and scientific evidence, undeniable signs, amazing synchronicities, specific and detailed messages relayed by psychic-mediums, and even direct contact with our deceased children. Some spiritual practices exercised by many *Helping Parents Heal* leaders include meditation, prayer, yoga, and service to others. We are an all-embracing and non-religious organization that respects the various ways people choose to express their own spirituality.

Helping Parents Heal offers a wide variety of speakers to allow parents to be informed about many possible ways to heal, to connect with their children and to learn about the Afterlife. The views expressed by our guests do not necessarily reflect those of Helping Parents Heal and we ask that parents take from our guest speakers whatever may benefit them personally.

Again, *Helping Parents Heal* provides support for:

- parents, grandparents, siblings, and other close relatives and friends of a child who has died by any means: accident, illness, homicide, or suicide
- loved ones of a departed child of any age since, for example, an eighty-year-old mother may grieve deeply when her sixty-year-old daughter passes on
- people of any or no religious affiliation, race, ethnicity, sexual orientation, age, gender, socio-economic status, or other relatively trivial factors

Our *Helping Parents Heal* Affiliate meets at _____ on the _____ of each month from 7 to 9 pm. You are welcome to bring family members and friends. Meetings are free but a donation of \$5 or any amount desired is appreciated.