



“The future is going to feel brighter because the darkness will soften as you move through your grief.”

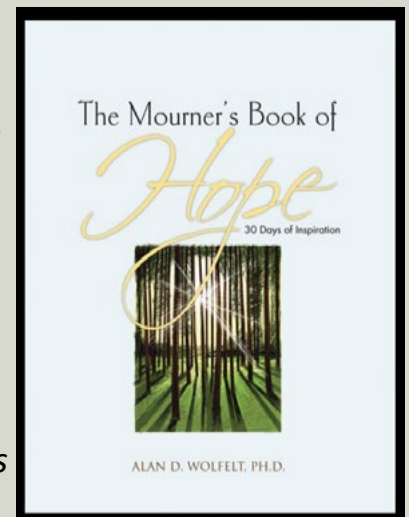
-Alan D. Wolfelt, Ph.D

“The Mourner’s Book of Hope, 30 days of Inspiration” by Alan D. Wolfelt, Ph.D

About the Book:

To integrate loss and to move forward with a life of meaning and love, you must have hope. Hope is a belief in a good that is yet to be.

This beautiful hardcover book, Dr. Wolfelt offers his heartfelt thoughts on ways to discover and carry hope in the midst of grief. His reflections are included with meaningful quotes from the world’s greatest philosophers. This book invites you to spend a month befriending hope, one day at a time, as you journey through the wilderness of grief. The book has short daily readings as well as space to reflect through journaling. Each week we will share the weeks insights and our own reflections on finding hope once again.



You can find “The Mourner’s Book of Hope” at your favorite local bookstore. Email griefsupport@yolocares.org or call (530) 758-5566 to register.

“The Mourner’s Book of Hope” Reading Group

Dates: Mondays, 6-7pm, beginning July 1, 2023 and ending July 29 with a potluck dinner

Location: In person

1909 Galileo Place, Suite C

Davis, CA 95618

About YoloCares

YoloCares is the leading provider of hospice, palliative care, grief support, and caregiver resources in Northern California. Our mission is to provide the highest quality of care to every patient, every family, every time.

About Center for Loss & Hope

All support groups offered by YoloCares’ Center for Loss & Hope are free of charge and available to anyone in Sacramento, Colusa, Sutter, Solano or Yolo Counties.