



Core Values

Compassion

We meet people where they are

We listen fully and without judgment as fellow humans - honoring the unique stories, emotions, process and pace of grief.

We show up consistently, offering dependable spaces where people feel welcomed, understood, cared for and safe.

Collaboration

We build community to support healing

We facilitate sharing and learning within caring, understanding environments, providing opportunities for grievers, caregivers and professionals to lean on, and learn from, one another.

We actively build relationships with community partners and professional service providers, through outreach, partnerships, networking and shared resources, strengthening the continuum of grief care.

Meaning

We offer a variety of programs

We understand that everyone learns and grieves in their own way, therefore we offer diverse programming to meet the unique needs of grievers.

We provide grievers and professionals space to process, receive practical guidance and resources that are manageable and supportive.

Accessibility

We reduce barriers to grief support

We are committed to providing support that is available without barriers, welcoming people with diverse identities, backgrounds, beliefs, and experiences.

We strive to remain humble and curious, adapting to the ever-changing needs of our communities.

Professionalism

We ensure quality programming and resources

We provide training, education, programming, and resources that are informed by evidence-based practices and the most current grief and trauma research.

We earn the respect of grievers and professional partners by being reliable, communicating clearly and interacting with honesty and integrity.