

HIGHMARK.

CARING PLACE 

finding hope in grief

Virtual grief support
for young adults

Healing through connection





Connection, loss, and finding steady ground

Finishing school. Looking for work.
Figuring out what's next. Then someone
you love dies. Suddenly, everything else
feels unimportant or impossible.

Sometimes people say, "You'll move on."
But grief doesn't work like that.

Join **Journey to Hope**, a free virtual group
for young adults navigating loss. It's a
space to be honest and connect with
others who understand. You'll gather
tools to live with grief and loss, without
minimizing them.

What to expect

- Eight weekly online sessions
- Trained group leaders
- Confidential and supportive environment
- Peer connection and guided discussion

After you finish the initial program, Journey to Hope hosts monthly virtual meet-ups and annual in-person retreats.

" Our group gave me a chance to get away from everyday life and allow myself to actually grieve. I learned it's okay to be sad and miss my uncle. I now look at my loss in a new perspective. This group was what I needed."

— Edwina, 21 years old





Why sharing helps

Grief doesn't disappear, but it does change shape over time. You can remember the person you lost while building your future. Being with people who understand your situation can help as you adjust to your new normal.

How to join

Participation is free. Reach out and we'll guide you through our simple intake process to get started.

Scan the QR code to connect with us.



Helping grieving children and families heal over a lifetime

Our mission is to create a world of compassionate communities where all people can find hope and healing after the death of a loved one. We provide grief support for families and individuals of all ages through peer groups, education, and advocacy.

Where to find us

highmarkcaringplace.com

888-567-1028

contactus@highmark.com



Pittsburgh Region

620 Stanwix Street
Pittsburgh, PA 15222

Harrisburg Region

1800 Center Street
Camp Hill, PA 17011

Erie Region

510 Cranberry Street
Bldg. 2
Erie, PA 16507

Cranberry Township/ Wexford Region

200 Warrendale
Village Drive
Warrendale, PA 15086