



# IMPACT REPORT

2023 First Steps

**"IT IS SO SATISFYING TO WATCH AN EARLY GRIEVER COME INTO THE OFFICE, TELL THEIR STORY AND LEAVE WITH HOPE TO CONTINUE THEIR GRIEF JOURNEY."**



**149** First Steps in 2023



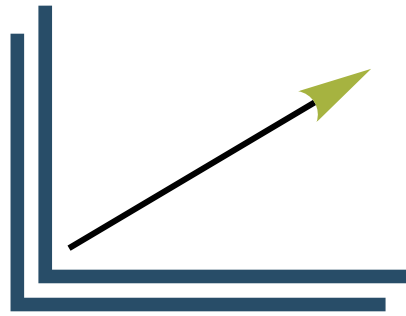
HEALING BEGINS WHEN **HOPE** IS FOUND

# FIRST STEPS

First Steps provide those who have experienced the death of a loved one a safe place to share their story, understand more about grief, and learn about the grief support programs and resources that New Hope offers. This one-time scheduled meeting provides an opportunity to connect with one of our facilitators who is close in age and has experienced a similar type of loss. This program helps grievers prepare for New Hope programs and ongoing support groups.

## THE IMPACT

◆ **54%** of First Steps grievers continued their grief journey by attending additional programming with New Hope.

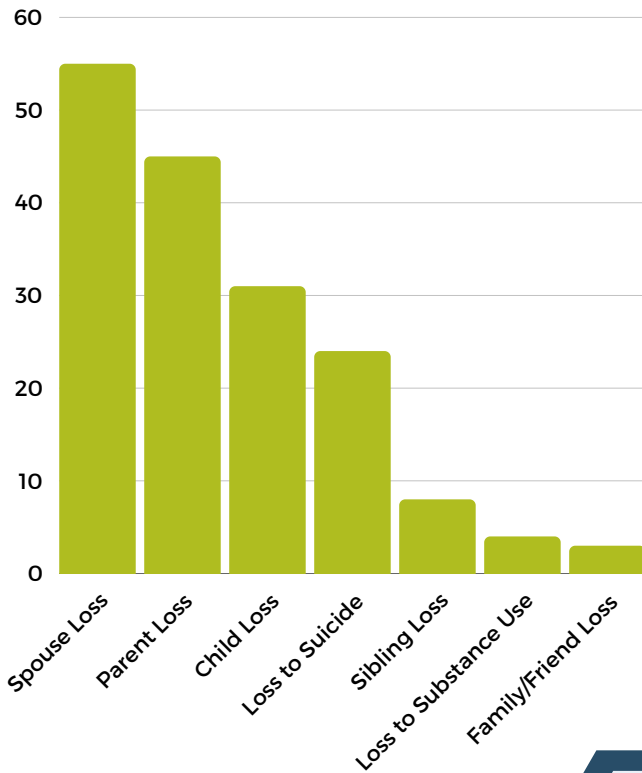


- Grievors from **36** cities benefitted from New Hope's First Steps programming.
- Our Staff and Peer Support Facilitators have provided support to **18 family units**.
- Our First Steps programming has been so successful to grievers, we recently launched a **First Steps Advocacy** program in the schools, supporting bereaved students based on this model.
- **46** Peer Support Facilitators have continued their healing by facilitating a First Steps.



Ann Arbor  
Belleville  
Berkley  
Canton  
Chesterfield Township  
Clinton Township  
Commerce Township  
Dearborn  
Detroit  
Dexter  
Farmington Hills  
Ferndale  
Flat Rock  
Garden City  
Hartland  
Holly  
Howell  
Livonia  
Lathrup Village  
Milford  
Northville  
Novi  
Plymouth  
Romulus  
Shelby Township  
Southfield  
South Lyon  
Troy  
Waterford  
Wayne  
Webberville  
West Bloomfield  
Westland  
Whitmore Lake  
Woodhaven  
Wolverine Lake

## Type of Loss



**“I believe the First Steps Program at New Hope to be a tremendous stepping stone to individuals and families alike to continuing their grief work. The connection I make on the phone and reestablishing that connection when they arrive at the office helps them be more receptive to learning more about additional programming. I am here to walk the grief journey with each griever reaching out for support.”**  
~ Courtney Gillim, Grief Coordinator

Thank you  
to our sponsor

