

OUR STUDENTS ARE IN CRISIS

Give them GRIT™ and see the difference it makes.

GRIT™: Grief Resilience Inspires Triumph.
An innovative program from Hearts of Hope designed to help middle and high school students build resilience, empathy, confidence, and empowerment.

FACING THE CRISIS

Our young people are not alright, and the statistics are alarming. Developed by a team of experts in mental health, education, and healthcare, GRIT™ aligns with state educational standards and practices.

GRIT™ aims to equip educators and their students with essential tools to handle life's challenges, with resilience and strength. This program creates a space where participants develop coping strategies to face loss with compassion, resilience, and growth.

WE NEED GRIT™ NOW MORE THAN EVER!

CHILDREN ARE OUR FUTURE.

With GRIT™, students receive the support they need to handle grief effectively and grow into emotionally healthy adults.

Bring GRIT™ into your school today.



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GRIEF RESILIENCE INSPIRES TRIUMPH



A program designed to help students cope with grief, build resilience, succeed, and thrive.



GRIEF IS A LIFE-CHANGING EXPERIENCE

Yet, most people don't tend to talk about it, especially young people.

Maybe that's because they don't know what to say or how to ask for help.

At Hearts of Hope Foundation, we believe it's a discussion that needs to be had. Because, by talking about grief, we can help each other through it - building resilience and staying inspired and strong.

BUILDING GRIT™ & CREATING HOPE

Schools have a unique opportunity to teach students how to cope with grief. Losing a loved one or a treasured pet can overwhelm middle and high school students. Losing the big game, being left out or shunned by classmates, and feeling isolated, anxious, and depressed are also significant aspects of grief.

By successfully navigating these challenges, students gain important skills that will benefit them throughout their lives.

WHAT IS GRIT™?

GRIT™ is a program designed to help students understand and process feelings of loss, guiding them to move forward and grow. This curriculum begins with grief education and uses proven methods that foster resilience and strength.

HOW DOES GRIT™ WORK?

Hearts of Hope professionals train your staff through hands-on learning, discussion, and practice. This "teach the teacher" approach prepares your professionals to implement this turnkey program effectively.

THE GRIT™ CURRICULUM

- **Grief:** Overview of GRIT™ and understanding grief
- **Resilience:** Overcoming life's challenges
- **Inspiration:** Finding strength in adversity
- **Triumph:** Celebrating achievements
- **Creating Hope:** Healing art activity

NAVIGATING GRIEF THROUGH GRIT™

Self-reflection plays a key role in the GRIT™ program. Here are samples of what students have written in their journals when exploring the different components of the GRIT™ program.

"Grief can come from many causes, mostly from some type of loss. It can affect many people and cause more grief in others."

"Resilience means that you can quickly withstand problems and push past them once they are resolved."

"Inspiration means that you see someone do something, and you have the motivation to do it as well. My friends inspire me a bunch."



When our young people become strong, their futures become strong.

THIS IS THE PROMISE OF GRIT™.