



## OUR MISSION

To inspire hope through nature while empowering family caregivers to seek wellness of mind, body, and spirit.

**Help us cultivate family caregiver wellness and get involved!**



**Make a monetary donation**, support our in-kind needs, or participate in our various sponsorship opportunities.



**Volunteer your time** by joining our caregiver mentoring program, tending to our gardens, assisting with special events and programs, and much more.



**Book us!** We're available for speaking engagements, workshops, retreats, and bringing our classroom to your location.



**Join our team** and bring more empathy and understanding to the family caregiver journey. Help us transform lives and making a meaningful difference!

**Embracing Family  
Caregivers through All  
Seasons**



[www.hopegrows.org](http://www.hopegrows.org)



[info@hopegrows.org](mailto:info@hopegrows.org)



**412-369-4673**



**183 Shafer Road  
Moon Township, PA 15108**



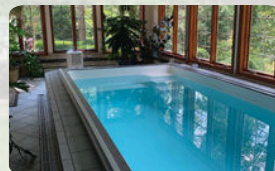




## Iris Respite House & Healing Gardens

The Iris Respite House and Healing Gardens at Hope Grows is a unique, nature-centric Bed & Breakfast for family caregivers and those grieving. Located in Moon Township, just outside of Pittsburgh, the Iris Respite House is a safe haven surrounded by healing gardens where you can recharge, relax, and tap into therapeutic resources tailored for your well-being.

Whether it's for one night or more, you'll have full access to our on-site amenities, all designed to provide rest and relaxation. Take advantage of our indoor swimming pool, sunroom, nature walks, and gardens. A curated breakfast menu is prepared to your selection. Schedule a session with one of our experienced counselors or engage in our on-site interactive activities. Other add-ons include guided meditation, AromaTouch™ Hand Technique, massage, and more.



### Through any season, join us for a change of environment!

Hope Grows hosts a variety of activities at the Iris Respite House Bed & Breakfast throughout the year. All are welcome to attend!

Afternoon Tea in the Sunroom | "Ask the Expert" Series  
Holistic Workshops | Grief & Loss Classes

[www.hopegrows.org/events](http://www.hopegrows.org/events)



## Programs & Services

We're here for family caregivers at any part of their journey, including grief and bereavement. We offer counseling, therapeutic respite activities, education, resources, and more! Other services include:

- Mental Health Counseling
- Grief & Bereavement
- Coaching & Mediation for Caregiving
- Monthly Check-in Calls
- Bi-weekly Enewsletter
- Peer-to-Peer Support & Educational Groups
- Overnight Stays at the Iris Respite House Bed & Breakfast
- Special Caregiver & Bereaved Events & Programs

412.369.HOPE

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