

# SUPPORT FOR CAREGIVERS OF MEDICALLY COMPLEX CHILDREN

Hope Grows and Children's Hospital of Pittsburgh have partnered to bring more support to those who are caring for children with medically complex conditions.\*

**Support Groups** – Monthly, virtual drop-in sessions for parents and family caregivers to meet one another and gain support from peers. Discussion topics relate to emotional and mental health, and caregiver wellness. 2<sup>nd</sup> Tuesday, 2–3:30pm and 3<sup>rd</sup> Monday, 6–7:30pm.

**Mental Health Counseling** – 5 free counseling sessions (eligibility required), with individual and couples counseling available. In-person or virtual, for current caregivers and those who are grieving

**Overnight Stay at the Iris Respite House** – 1 free overnight stay per person at the Iris Respite House, available for current caregivers and those who are grieving

\*Includes multi-organ involvement in chronic health conditions, ongoing use of medical technology (tracheotomies, wheelchairs, etc.), limited verbal or physical capabilities, and repeated, extended-stay hospital admissions.

If you or someone you know could benefit from this community, please reach out to us at [intake@hopegrows.org](mailto:intake@hopegrows.org) or 412-369-4673, ext. 101

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

