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It is so rare that I get to sit in empathy with others. Our challenges often feel so much greater than everyone else's, but hearing about people who have similar situations allows me to feel empathy that I don't normally get to experience.

hope SIOVS
Cultivating Caregiver Wellness<sup>TM</sup>

#### Let us know how we can help!



412-369-HOPE (4673) ext 101



intake@hopegrows.org



www.hopegrows.org



183 Shafer Road Moon Township, PA 15108





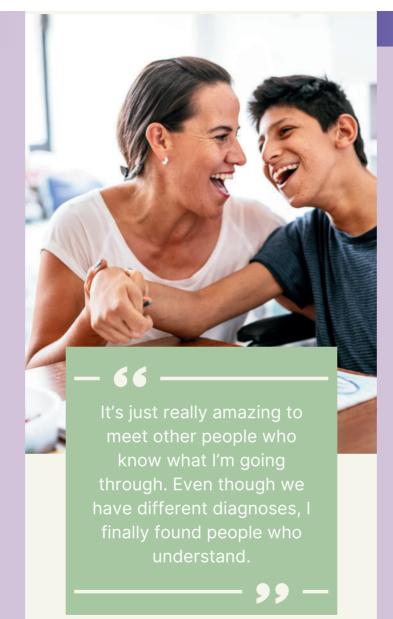
# **Support Programs**

For Parents & Caregivers of Children with Complex Medical Needs

## What are the Support Programs?

- Virtual Support Group
   Hope Grows facilitates monthly, virtual drop-in sessions for parents and family caregivers of children with complex health needs\* to meet one another and gain support from peers.
   Discussion topics will relate to emotional and mental health, and caregiver wellness.
  - 2nd Tuesday, 2:00-3:30pm
  - 3rd Monday, 6:00-7:30pm
- 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 Hope
   Grows Iris Respite House
   1 free overnight stay per person,
   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.



Connected Resilience
Empathetic Similarity
Strength
Community Support

### How do I sign up?

If you are interested in learning more, please reach out to:

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Hope Grows

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### Who is Hope Grows?

Hope Grows provides emotional and mental health services and counseling to family caregivers.

- Root of Good Care Mental Health Counseling
- Support, Coaching & Case Management
- Grief & Bereavement
- Educational Programming
- Caregiver Mentoring
- Horticultural Therapy
- Healing Gardens
- Overnight Stays & Retreats at the Iris Respite House B&B

