



— “ —

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.

— ” —



Let us know how we can help!

-  412-369-HOPE (4673) ext 101
-  [intake@hopegrows.org](mailto:intake@hopegrows.org)
-  [www.hopegrows.org](http://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.*



— “ —

It's just really amazing to meet other people who know what I'm going through. Even though we have different diagnoses, I finally found people who understand.

” —

**Connected** Resilience  
**Empathetic Similarity**  
**Strength**  
**Community Support**

## How do I sign up?

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

**Tracey Condosta, MCSP**

**Hope Grows**

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

412-369-4673, ext. 101

**Justin Yu**

**UPMC Children's Hospital**

[yuja@upmc.edu](mailto:yuja@upmc.edu)

## 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

