Valerie's House

GRIEF SUPPORT FOR CHILDREN

Valerie's House

Mission

Valerie's House is the first and only organization in Southwest Florida with the sole mission of helping children grieve. Valerie's House is named for Founder and CEO Angela Melvin's mother, Valerie Melvin, who died in an automobile accident when Angela was 10.

About Us

Valerie's House currently runs nightly grief support groups for children and their grieving caregivers out of three locations. Valerie's House operates out of a cozy, historic home near downtown Fort Myers and a second home in Naples near Waterside Shops. Valerie's House also utilizes a meeting space at 1st United Methodist Church in Punta Gorda. Families meet at Valerie's House on weeknights. After some free playtime and a potluck meal, children break up into peer support groups separated by age.

> ***"Since coming to Valerie's House, I don't worry as much and feel hopeful for my future."***
>
> – Sydney, 9-Years-Old

Programs for Families

At Valerie's House, children know others their own age and learn loss doesn't have to limit their dreams. Valerie's House provides a family atmosphere made up of dedicated staff members and volunteers who are also grieving. Many have walked this journey and are here to help you and your children see there is hope. All of our resources are directed toward providing children and their families a safe place to share, grieve, and grow.

Grief support services are also available in Spanish. Please contact Frances Bustamante for more information at 818-284-1541.

Valerie's House, Inc.

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www.valerieshouseswfl.org

OUR VISION IS THAT NO CHILD WILL GRIEVE ALONE.

The mission of Valerie's House is to help children and families work through the loss of a loved one together and go on to live fulfilling lives.

Valerie's House Tips
TO HELP SOMEONE WHO IS GRIEVING

Valerie's House

WHAT TO DO:

- Listen without interrupting, interpreting, evaluating or offering advice.
- Acknowledge the person who died, bring them up, ask about memories.
- Validate their words by repeating what you hear them say, " I hear that you are very sad today. I'm here for you."
- Encourage them to allow themselves to grieve.
- Remind them to take care of themselves (go for a walk, eat, exercise, sleep, etc.)
- Encourage them to remember their loved one by writing, drawing or just talking.
- Allow them to take a minute to step out of the room, get some air or put their head down.
- Reassure them that their emotions are normal and that all grief is unique.

DO SAY THINGS LIKE:

"I will support you in any way I can.

I have been thinking of you.

If you ever want to talk about your special person, I am here to listen."

DO NOT:

- Expect the person to jump right back into activities.
- Suggest that someone has grieved long enough or needs to move on.
- Take their anger or other feelings personally. They are just trying to figure out how to react and adjust to the death.

DO NOT SAY THINGS LIKE:

"It could be worse...

At least...

They are in a better place."

To learn more, get involved and support our mission, visit us online or call 239-204-5804

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OUR CARING STAFF IS HERE TO ANSWER YOUR QUESTIONS AND SUPPORT YOU.

Que es Valerie's House

Valerie's House

Valerie's House (La Casa de Valerie) ofrece apoyo emocional a niños y familias que han perdido un ser querido.

Los programas de Valerie's House están designados para ofrecer a niños de edades 4 a 19 años y sus familias un lugar seguro donde ellos pueden expresar y procesar sus sentimientos relacionados con el dolor de haber perdido a su padre, madre, hermano/a, familiar, esposo/a o hijo/a.

Nuestros programas son gratis, gracias a generosas donaciones, subvenciones y apoyo voluntario.

Nuestros programas comienzan con una comida compartida y tiempo de juego para los niños. Después de ese tiempo, los niños se dividen en grupos según su edad. En estos grupos de apoyo, utilizamos actividades divertidas que incluyen arte, música, tiempo para jugar y compartir, y otros métodos que ayudan a los participantes a expresarse, todo bajo la supervisión de terapeutas clínicos licenciados y personal entrenado.

Mientras los niños se reúnen y se unen, sus padres o cuidadores adultos también se reúnen, comparten su propio dolor y se apoyan mutuamente.

Los niños de Valerie's House pueden ingresar a nuestro programa un día o un año, o incluso años después de la pérdida. No hay un tiempo establecido para que el niño entre, y pueden seguir viniendo todo el tiempo que quieran.

Para mas información:

Estamos aceptando aplicaciones para todos los niños y sus padres o cuidadores que deseen participar en grupos de apoyo.

Si su familia necesita ayuda, comuníquese con Frances Bustamante: 818-284-1541, frances@valerieshouseswfl.org.

Ubicaciónes:

Tenemos grupos cada dos semanas en Fort Myers, Naples y Punta Gorda.

- 1762 Fowler Street, Fort Myers
- 819 Myrtle Terrace, Naples
- 507 W. Marion Avenue, Punta Gorda
  (First United Methodist Church)

Para mas información: www.valerieshouseswfl.org/spanish

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NUESTRA VISIÓN ES QUE NINGÚN NIÑO SUFRIRÁ SOLO EL DOLOR DE LA MUERTE DE SU PADRE, MADRE O SER QUERIDO