



Heart House Hospice Help Us Understand Grief (H.U.U.G.) gets WIDER!

Heart House Hospice's H.U.U.G. initiative in the Region of Peel brings support and education to children and youth with difficulties while facing the dying or death of a loved one is now expanding to Halton in its third year.

ONTARIO, March 20, 2017- The Help Us Understand Grief (H.U.U.G.) Program started in the Region of Peel in 2014 thanks to a \$50,000 grant from the Pendle Fund of the Community Foundation of Mississauga. A part time counsellor started providing in-home support and education to children, youth and families living with the dying and death of a loved one. In 2016, a 3 year grant from the Ontario Trillium Foundation made the continuation and expansion of the H.U.U.G. Program possible.

Since its beginning, H.U.U.G. has received:

- 401 referrals
- 228 referrals have been for parent loss
- Supported 716 children, youth and parents
- Completed 441 in home visits
- Provided 594 phone visits providing support and education

What we know:

- 4-5% of children will lose a parent before the age of 16.
- In 2011 there were 318, 605 children and youth in the Region.
- This means at least 12,744 children in the Region will lose a parent before they are 16.

As a member and the lead organization of the Children and Youth Grief Network, (<http://www.childrenandyouthgriefnetwork.com/>) and its partners; we believe that every child and youth should have honest information and well-informed support when someone they care about is dying or has died.

The H.U.U.G. program will continue to provide support and education to children, youth and families in the Region of Peel and, starting in April, will expand its services to families in Halton.

The H.U.U.G. program strives to help families to have open and honest conversations about their grief and learn how to communicate and support one another. The H.U.U.G. counsellors provide one to one support to help children, youth and families recognize grief and create healthy ways, for them to cope with their feelings, and remember their loved ones.

You can visit our website (<https://hearthousehospice.com/huug/>) to find out more and to donate to the H.U.U.G. program.



For more information about the H.U.U.G. program contact: Jodi Pereira, Director of Community Programs at 905-712-8119 ext. 224 or email jpereira@hearthousehospice.com. To make a referral to the H.U.U.G. program, contact 905-712-8119 ext.230 or email kblackmore@hearthousehospice.com

About Heart House Hospice

Heart House Hospice exists to make a meaningful difference in someone's end of life experience. We do this by providing the highest quality end of life support to people living with a life-limiting illness and the families who love them. Our services are personalized, focused, flexible and responsive to the individuals and families we support. Our staff is well trained, professional and compassionate. Our services are mindful of cost and focused on providing a service that is valued by the community and the health care system. Our programs are offered at no cost to those who use our services. Heart House Hospice relies on a generous community to raise \$595,000 annually.

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Media Contacts

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