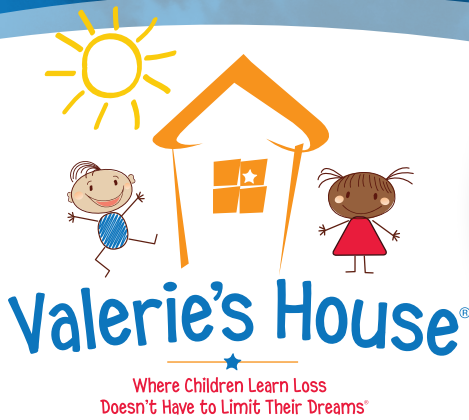


Valerie's House

HELPING CHILDREN AND FAMILIES HEAL AFTER LOSS



At Valerie's House, we help grieving families in Southwest Florida find hope and healing through human connection and peer support. We believe that no child should grieve alone, and our programs provide a safe space for children, teens, and caregivers to express their grief, connect with others, and find strength together.

With multiple locations throughout Southwest Florida, we serve families who have experienced the loss of a loved one. Our programs are based on the belief that healing happens together—through shared experiences, engaging activities, and support from those who understand.

What We Do

- **Peer Support Groups:** Children, teens, and caregivers meet in age-appropriate groups to connect with others who have also experienced loss.
- **Grief Counseling:** Professional support to help navigate the emotional challenges of grief.
- **School-Based Support Group:** Bringing grief resources directly into schools for children who may not have access to outside services.

Who We Serve

- Children and teens who have lost a parent, sibling, or caregiver.
- Parents and caregivers seeking support as they navigate grief with their children.
- Families in Southwest Florida looking for a community that understands.

You can't do it alone, you need places like Valerie's House.

– Carl, Valerie's House Father

No-Cost Support for Families

At Valerie's House, our grief support programs are available at no cost to families. Thanks to generous community support, we ensure that every child and family has access to the care and resources they need, regardless of financial circumstances.

At Valerie's House, we are more than a grief support center—we are a family of hope and healing.

We're Here for You When You're Ready to Take the Next Step.

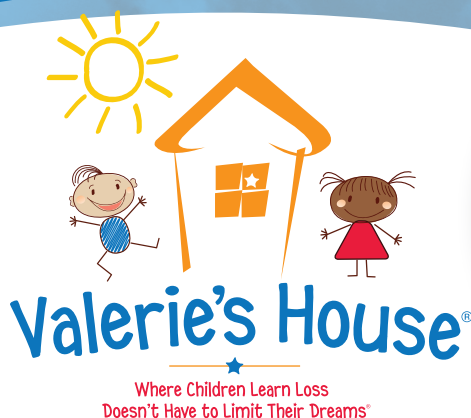


**Lee County • Collier County
Charlotte County • Sarasota County**
239-204-5804 • families@valereshouse.org

www.valereshouse.org



What to Say (And Not to Say) TO SOMEONE WHO IS GRIEVING



Words Matter: How to Support a Grieving Child or Family

When someone is grieving, it's hard to know what to say. The right words can bring comfort, while certain phrases can unintentionally cause hurt.

Best Things to Say:

"I'm here for you."

– Simple and reassuring.

"It's okay to feel however you're feeling."

– Grief comes in many emotions, and all are valid.

"Would you like to talk about them?"

– Encourages sharing and remembrance.

"You don't have to go through this alone."

– Reminds them that support is available.

What NOT to Say:

"They're in a better place."

– While meant to be comforting, it can feel dismissive.

"Everything happens for a reason."

– Grief often doesn't make sense.

"You should be over it by now."

– Grief doesn't follow a timeline.

"I know exactly how you feel."

– Every grief journey is unique.

How to Help a Grieving Child or Family

- Be present and listen. Sometimes, silence is more comforting than words.
- Offer specific help. Instead of saying, "Let me know if you need anything," try "Can I bring you dinner this week?"
- Check in over time. Grief doesn't end after the funeral.
- Encourage professional support. Valerie's House provides Grief Counseling, Peer Support Groups, and Family Programs to help families heal.

PROJECTED DEATH IN FLORIDA 2025



1 IN 6

1 IN 6 CHILDREN IN FLORIDA WILL EXPERIENCE
THE DEATH OF A PARENT OR SIBLING BY AGE 25.

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