



# Hearts Connected

Helping kids cope, grieve, and heal

Hearts Connected provides mental health support to help kids, teens, and parents with medically-related life stressors, grief and loss, or other challenging circumstances by connecting families and organizations to Certified Child Life Specialists all over the United States.

Child life specialists are certified and clinically trained to provide therapeutic support, developmentally appropriate education, and age-specific coping tools for families to work through difficult circumstances.

We recognize that no two families are the same. Through Hearts Connected virtual services, we can work with the child and their family in their own home, at a time that is convenient for them, focusing on their individual needs.

“Cesar is only 4, but he knows that his brother is not well. Working with Hearts Connected has helped us navigate these hard conversations.”

Contact us today:

[www.heartsconnected.org](http://www.heartsconnected.org)

[info@heartsconnected.org](mailto:info@heartsconnected.org)

404-516-0906

\*No Waiting List

\*Transparent Self-pay pricing



LEARN MORE





## Ways We Can Help

### We Specialize in Supporting Kids/Teen with:

- Medically-related stress and experiences (procedure preparation, needle anxiety, new diagnosis of the child or of a family member, medical trauma, etc)
- Behavioral and developmental challenges
- Significant life transitions or changes (divorce, move, new baby, new school, parent incarceration, etc)
- Grief and loss
- Managing and processing anxiety and stress, and learning coping strategies
- Social or academic challenges

**Parent Support:** We can help trusted adults in a child's life find developmentally appropriate ways to share information and support their child's emotional-wellbeing through various techniques. We provide parents and caregivers with age-specific supportive language for children and teens, guidance and education to navigate challenging situations, as well as create an individualized coping plan for the family.

**Support for Kids & Teens:** Our team educates children in a way they will understand about various challenging circumstances and helps them to process their emotions through therapeutic interventions. Learning new coping tools and ways to navigate a difficult experience, in a way that fosters resiliency, is at the core of what we do. Every video session includes a thorough debrief email for the parents to be aware of what was discussed and how they can be involved in the successful coping of their child.

### Services

- Free 15-minute consultation
- Phone support sessions with parent/caregiver(s)
- Therapeutic video sessions with children 4+
- Free monthly webinar: "Healing Hearts: Support for Parents and Guardians with Grieving Children"

"Jacob was having trouble at school. Knowing that his sister is dying has been really hard on him. He doesn't want to talk about it with us."

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@heartsconnectedllc

