



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 or grief and loss 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.”

www.heartsconnected.org
info@heartsconnected.org
404-516-0906



@heartsconnectedllc





Ways We Can Help

- **Family Support:** We can help trusted adults in a child's life find developmentally appropriate ways to share information. We provide parents and caregivers with age-specific supportive language for children and teens, guidance and education, as well as create an individualized coping plan.
- **Support for kids and teens:** Our team educates children in a way they will understand about various challenging circumstances (death and dying, new diagnosis, divorce, trauma, etc) and processes their emotions through therapeutic interventions. We facilitate various therapeutic activities and discussions that allow for children and teens to explore their feelings, learn coping tools, and navigate a challenging or new experience that fosters resiliency. 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. We also provide procedure preparation, general anxiety support, and school transition support.

Services

- Free 15-minute consultation
- Phone support session with parent/caregiver(s)
- Video sessions with children and teens 4+
- Free monthly webinar: "Healing Hearts: Supporting 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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