

# Valerie's House Family Newsletter

## A Message From Our Director of Partnerships and Clinical Support

Dear Valerie's House Families,

As I sit here writing this letter to all of you, I am amazed at the beauty that Spring brings... new plants, baby animals and most importantly hope. We are all reminded every year that time continues to move forward and things are constantly changing. This past year has been difficult for all of us in so many ways but together we will continue to grow stronger.

It is important for all of us to take the time to heal ourselves – take time to talk with your children, friends and family, rest and relax and refuel. It is important to nurture our souls with whatever helps find us peace and give ourselves grace to allow for days of sadness and unproductiveness as they too are part of our healing. Please remember to allow you and your children the time needed to find your way to understanding your new journey and feelings surrounding your grief. We are all here to walk side you as you continue to discover new ways to cope, grow and understand your grief journey.

Warm regards and support always,



Amy Strom | Director of Partnerships and Clinical Support  
amy@valereshouse.org



Amy Strom and Angela Melvin surrounded by Easter baskets generously donated by the ladies of Premier Lifestyle Group

## VH Birthday Celebrations!

### April Birthdays

Austen P.	Elizabeth H.	Nicholas J.
Ava B.	Frances C.	Renae B.
Bailey S.	Hailee S.	Robbie G.
Bryan B.	Hayden T.	Rosie M.
Chad C.	Kyleigh G.	Samantha A.
Chloe V.	Levi W.	Siena S.
Deshawn F.	Michael D.	Taylor C.
Elijah M.		Tierney P.

### May Birthdays

Anitlyse N.	Greyson G.	Megan D.
Annamarie H.	Harper H.	Michael M.
Autumn J.	Izik Z.	Nhaima A.
Brayden R.	Izziann B.	Nico M.
Brook-Lynn W.	Jaxon P.	Oasis S.
Bruce Z.	Jose G.	Preston M.
Carter R.	Joseph H.	Raven D.
Cash L.	Justin J.	Roxiana M.
Coral M.	Lucas G.	Serenity G.
Duncan B.	Lukas M.	Shane S.
Emmeline T.	Marissa G.	Shelby B.
Giovanny V.	Marley M.	Zachary M.

### June Birthdays

Aaron S.	Dravin F.	Kyson B.
Abigail R.	Elizabeth V.	Madison A.
Alanna G.	Evan G.	Nicolos D.
Sasha R.	Isaias Q.	Regna Z.
Caleb C.	Ja'Marion S.	Ryan L.
Connor C.	Jenna W.	Skylar D.
Destiny W.	Kenneth W.	Sofie R.
Doc S.		

## Meet Staci and Delaney



Delaney Abroe

Delaney joined the Valerie's House team in January as the Program and Family Care Assistant. She is responsible for assisting with the overall management of the grief support groups for children and families of Valerie's House in Lee, Charlotte, and Collier counties. Her top priority is ensuring the peer grief support group experience is of the highest quality. Delaney also serves as a Lead Facilitator and Group Buddy at the Fort Myers location.



Staci VanSlambrouck

Staci began volunteering for group nights in Punta Gorda which led to her position with Valerie's House in January as Mentor and Family Support Coordinator. She helps with Valerie's House curriculum for group nights and checks in with our volunteers to make sure they feel appreciated. Staci also helps with matching mentors and children in the Val's PALs mentor program to create impactful, positive relationships.

## Family Spotlight Brock, Izik & Zane



Zane, Brock, Shannon and Izik

After fighting breast cancer for a little over a year and a half, Shannon lost her battle in August 2020. Brock lost the love of his life, and Zane and Izik were left without a mother. Shortly after, the funeral home referred Brock to Valerie's House. His boys were hesitant and didn't want to go. But after touring the home, the boys were smiling from ear to ear. They could feel Shannon's presence and knew their mom wanted them to be there. The three of them have been coming to Valerie's House ever since as a Thursday night family.

"The energy around Valerie's House is so pure," Brock said. "This place has helped in more ways than I could ever imagine."

Brock and the boys found comfort in being around others who have also lost a loved one. It was reassuring for them to know that the feelings they were experiencing were normal. Brock noticed the boys slowly begin to open up and get things off their chest. He knew this was the place. Brock encourages new families coming into the program to just give it a try and see what it's like.

"When you lose everything you have nothing else to lose, so why not give it a try," Brock said. "Find out you're not alone with the thoughts in your head."

# Spring Group Themes

## April



### 1st Group: Triggers

Discuss what causes us to have intense emotional and physical reactions.



### 2nd Group: Love Buckets

Create a take-home bucket filled with kind, caring, heartfelt messages from others.

## May



### 1st Group: Self-Esteem

Create "I Am" mantras to build positive self-esteem.



### 2nd Group: The Perfect "10"

Discuss what your perfect day looks like and what goals you have for the future.

## June



### 1st Group: Mandalas

Together families will create a mandala with pictures from home, bouquets of flowers and other things in nature.

# Spring 2021 Group Night Calendar

April						
Sun.	Mon.	Tues.	Weds.	Thurs.	Fri.	Sat.
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

May						
Sun.	Mon.	Tues.	Weds.	Thurs.	Fri.	Sat.
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

	Monday Sibling Naples (1st & 3rd)
	Monday PG (1st & 3rd)
	Monday FM (2nd & 4th)
	Tuesday FM (1st and 3rd)
	Tuesday Sibling FM (2nd & 4th)
	Wednesday FM (1st and 3rd)
	Wednesday Naples (1st & 3rd)
	Wednesday FM (2nd and 4th)
	Thursday FM (1st and 3rd)
	Thursday Naples (2nd and 4th)

June						
Sun.	Mon.	Tues.	Weds.	Thurs.	Fri.	Sat.
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Join our Valerie's House Private Family FB Page  
[facebook.com/groups/valereshousefamilies](https://facebook.com/groups/valereshousefamilies)

## What We Believe About Grief

- Each person has the capacity to heal
- Grief is individual
- Grief is personal
- There is no timeline for grieving
- Grief comes in waves
- You don't get over, you learn to live with it

If you have any questions about group night schedules, thoughts or just need to talk, please reach out to our Program Team at 239-204-5804, or email Delaney Abroe directly at [delaney@valereshouse.org](mailto:delaney@valereshouse.org) and she will make sure a member of the Valerie's House team responds to you immediately.

For a complete list of Valerie's House programs, visit [Valereshouse.org](http://Valereshouse.org)