



Contact: Debbie Weisberg
Phone: 818-222-3344 ext. 351
Email: Debbie@OurHouse-Grief.org

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OUR HOUSE LAUNCHES NEW GRIEF SUPPORT GROUP FOR TODDLERS

OUR HOUSE Grief Support Center is proud to announce, "My Tot and Me," a new grief support group for parents/caregivers and their toddlers 2½ to 4 years of age who have experienced the death of a parent.

When a parent dies, even toddlers grieve. According to Deborah Weisberg, LMFT, LPCC, Child and Adolescent Program Coordinator at OUR HOUSE Grief Support Center, "You may see your little one feeling sad, scared, angry, or worried. Crying, tummy aches, searching, clinging, and changes in sleeping and eating, are all the ways your grieving toddler may express their grief".

This group, designed specifically to meet the developmental needs of grieving toddlers, will meet bi-weekly for 6 sessions.

In a safe and nurturing environment, parents/caregivers and their toddlers will learn to talk about the death, hold on to memories, and express grief related thoughts and feelings through art and interactive activities.

For more information about "My Tot & Me," please contact OUR HOUSE at 1-888-417-1444 or email Deborah Weisberg, debbie@ourhouse-grief.org.

About OUR HOUSE Grief Support Center:

OUR HOUSE, founded in 1993, believes that grieving children, teens, and adults deserve the opportunity to begin the healing process in a safe, warm, and nurturing environment in groups that are specific to age and relationship.

OUR HOUSE is a leading provider of grief education, through workshops, seminars, and in-service training to mental health and medical professionals, clergy, educators, and community members who interact with grieving families.