



As many of you know Holy Trinity is home to Valerie's House Port Charlotte. Every second and fourth Tuesdays our church welcomes families from around our community who have experienced the death of someone they love.

WHAT HAPPENS AT VALERIE'S HOUSE?

Valerie's House programs give children ages 4 to 19 years-old and their families a safe place to share, grieve, and grow.

Valerie's House provides open-ended peer support groups and activities for children to heal after a significant loss in their life. Valerie's House is not a formal counseling center. It is a community and a platform for individuals to come together, share, and mentor each other through their grief.

Groups meet twice a month from approximately 6:00 pm until 8:00 pm. After a family dinner children break into age-appropriate groups...caregivers are also welcome to join the caregiver group for their own time.

Younger children heal and speak about their pain often with "play therapy," as often their little hearts cannot find the words to express such trauma.

Teenagers meet and spend time discussing their feelings, struggles, healing, and how they move through school and life with their loss. Being together with those who have suffered a loss is powerful and helps tremendously.

Activities are wide and varied. Valerie's House heavily relies on the use of art and music to help our youth identify, express, and process their grief. For example, in one activity, children create a unique bead bracelet. Each color bead represents a part of their grief story and their emotions attached to that story.

It takes a village to support these families and we are blessed to have just that! THANK YOU for your constant prayers for the families of Valerie's House. Thank you for the volunteers who help serve the dinner and welcome the families. Thank you

for donating money for the family dinners. Thank you for the volunteers who went through the training to be a group leader or buddy in the group. We have many hands that help make these groups successful each week and because of that we are able to continue to be a blessing to others through this amazing ministry.

Over the past few weeks we have had a lot of folks inquire on ways to help and/or volunteer their time. Here are ways you can get involved:

- **Be a kitchen helper**—set up the tables for dinner, help prepare the meal, serve the meal and clean up the tables/kitchen after dinner. Right now 4 dinner helpers are usually plenty. Please arrive by 4:45pm. Dinner is served from 6-6:30pm
- **Dessert donations**—each week the families look forward to a special dessert. Maybe you would like to bake (or purchase) a yummy family friendly dessert—brownies, cupcakes, rice crispy treats, or cookies
- **Monetary donations for dinners**—we serve apx. 40 people for the dinners. Summer months are much slower—but during the school year we plan for 40. On average we plan for \$100/meal to cover the cost. Maybe you would like to donate towards a meal—any amount is helpful. Maybe you know of a restaurant or company that would like to sponsor a meal. Last year Boar's Head donated hams for a special dinner.—THANK YOU. ***To make a monetary dinner donation place your offering in a yellow pew envelope and mark it "VALERIE'S HOUSE DINNER". If you would like the dinner to be in memory of a loved one please mark it on the envelope.***
- **Shop** for the food items for the dinner
- Want to learn more about Valerie's House and become a group leader? Please check out their website for details on volunteering.

THERE ARE SIGN UPS ON THE BULLETIN BOARD FOR ALL OF THESE...please take a moment and sign up for the weeks you would like to help out. It gets hectic during the year so a schedule would really be helpful. If you know of a particular second or fourth Tuesday you would like to help out in the kitchen, shop, bring dessert or make a monetary donation please SIGN UP! Signing up really helps in the planning! THANK YOU!!