



FOR RELEASE MARCH 1, 2016

Contact: Dr. Robin Goodman
A Caring Hand, The Billy Esposito Foundation
212-229-CARE (2273)
robingoodman@acaringhand.org

**FIRST BI-LINGUAL GRIEF COUNSELING PROGRAMS AT A CARING HAND
FOR CHILDREN WHO HAVE LOST A LOVED ONE**

Sessions Begin March 23 for Children Ages 5-17 and Caregivers

NEW YORK, NY – MARCH 1, 2016 – A CARING HAND, The Billy Esposito Foundation, the only New York City nonprofit solely dedicated to helping grieving children and their caregivers, announced today its upcoming 11-week counseling programs for children who have lost a loved one. The 11-week sessions will begin March 23, 2016. For the first time, the program will include sessions in English and Spanish. The programs are free or fee-based on income, and will be offered at the Harlem Children's Zone on East 125th Street. The programs in the Harlem location are made possible by grants from the New York Life Foundation and A Little Hope, Inc.

Each year, more than 4,000 New York City school children experience the death of a parent or sibling, and sadly, only a fraction of them receive counseling. At A Caring Hand, children learn skills to manage their grief, meet others who know how they feel, and have fun. Their parents and caregivers get support to guide their children. Places are still available for families who would like to participate in the March groups. Interested families should contact A Caring Hand at 212-229-CARE (2273) or email robingoodman@acaringhand.org, and read more at www.acaringhand.org.

“When a child loses a loved one, their world is turned upside down. We know grief that goes underground can lead to lifelong problems at school, work, and in relationships. Following group, we find drops in depression for both children and caregivers and improvement in grief related symptoms,” said Dr. Robin Goodman, PhD, A Caring Hand Executive Director. “We are grateful for the New York Life Foundation and A Little Hope’s investment in this targeted community. Their support will help grieving children and their families feel less alone after a life changing event.”

"The New York Life Foundation is committed to ensuring that all grieving children have access to appropriate bereavement services," said Maria Collins, Vice President, the New York Life Foundation. "We are pleased to support the expansion of A Caring Hand's services to grieving Spanish speaking families who have limited and/or no access to grief support services."

“We are thrilled to continue our support of A Caring Hand’s expansion into the Harlem community. Their work with multicultural residents is exceptional and needs to grow in many more Harlem’s of the world,” said Richard Schimel, President, A Little Hope, Inc.

About A Caring Hand

A Caring Hand, The Billy Esposito Foundation is the only nonprofit in New York City solely dedicated to helping grieving children, teens and caregivers as well as professionals who care about them, access information and find a community of support. This is accomplished with a comprehensive program of counseling, support, research, consultation and crisis response. A Caring Hand has expanded its services to Harlem and serves families throughout New York City through grants to address grief-specific issues facing families and cultural barriers to mental health services. www.acaringhand.org

The New York Life Foundation is a leading funder in the childhood bereavement field, investing more than \$25 million to date in support of grieving children and their families. www.newyorklifefoundation.org

A Little Hope, Inc. is dedicated to raising money to advance the growth of children's grief support and the expansion of bereavement centers, school outreach programs and camps for grieving children and teens in the United States. www.alittlehope.org

###