



HAND to HOLD
Fragile Babies. Strong Support.

FOR IMMEDIATE RELEASE

Media Contact:

Kelli Kelley, Founder and Executive Director

Hand to Hold

Kelli@handtohold.org

512-293-0165

Nonprofit Hand to Hold Focuses on Preserving Marital Relationships after a NICU Experience or Loss

Quarterly Discussion Series to Help Parents Support One Another

AUSTIN, Texas (February 7, 2011) – Doing its part to share the love this February, local nonprofit Hand to Hold welcomes local counselor David Griffin, MA, LPC, BCPC to discuss strengthening marital relationships after a NICU experience or a loss. Hand to Hold's Quarterly Discussion series, which features topics related to prematurity and loss, will kick off the new year with a presentation entitled, "Maintaining Emotional Engagement: Re-Focusing the Eyes of Your Hearts" to be held Friday, February 18, 2011 from 6:30 – 8:30 p.m. at Covenant Presbyterian Church, located in north Austin at 3003 Northland Drive. Couples will learn skills and techniques needed to rebuild intimacy and make their relationships a safe harbor after experiencing grief or the far-reaching trauma of having a baby or multiples born premature or with special health care needs. The free event which is open to the public includes dinner courtesy of Dream Dinners (620 North Location). Advance reservation is required to attend.

Premature birth, medical complications or the loss of a child can turn a couple's world upside-down often causing them to forget to take the time or energy to nurture each other. Griffin's presentation will identify tools and self-care practices needed to strengthen a relationship with a partner, even if life's circumstances are challenging and difficult. Studies show that parents who have had a child born early are at risk of depression, posttraumatic stress disorder, and anxiety—stressors that can negatively impact parents and the family unit as a whole.

Griffin is a licensed professional counselor through the state of Texas, a Board Certified Professional Christian Counselor and a member of its Christian Care Network. Since beginning practice in 1984, Griffin dedicated his time to helping couples transform their lives by renewing the mind and living in emotional authenticity. This discussion series event is open to and designed for believers of all faiths.

Hand to Hold parent Katrina Moline whose son Bryce was born at 24 weeks gestation shares, "The quarterly events have been tremendously helpful as we navigate the post-NICU world with our special needs son. We have gained valuable information on a variety of important topics ranging from ways of coping with our struggles, to parenting strategies for children with Cerebral Palsy and therapy beyond Early Childhood Intervention... It's hard to imagine where our little family would be today without Hand to Hold. I fear we'd be less prepared for the many challenges of this special kind of parenting."

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PRESERVING MARITAL RELATIONSHIPS – CONT.

For more information or to register, contact Family Support Navigator, Erika Goyer by phone at 512-550-3181 or email Erika@handtohold.org.

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About Hand to Hold

Hand to Hold, a nonprofit organization, provides comprehensive resources and support programs to parents of preemies, babies born with special health care needs and those who have experienced a loss due to these or other complications. Based in Austin with plans to expand, Hand to Hold's core service is matching experienced peer mentors with new parents who have had a child in the NICU to offer support. For more information, visit www.handtohold.org.