



Fox Valley Hands of Hope is a non-profit 501(3)c organization dedicated to providing expert support for youth, families and adults who are experiencing grief, loss, or life-threatening illness.

Current Services Available: In accordance with the Governor’s “Stay-At-Home” mandate, we are conducting remote conference calls with existing clients. Sadly, we are not yet accepting new clients but are working tirelessly on how to best approach this soon.

We partner with almost 50 school and community groups throughout the Fox River Valley. We provide multiple support programs (individual and group sessions) for youth, families, and adults. We also operate a community durable medical equipment lending closet and will look to reopen when we are able. **All of our services are at no cost to the client.**

Youth Grief Support

We offer individual sessions and group programs. “Project Hope” is our school-based grief/loss support program for students aged 5-18. FVHH clinicians and volunteers address the unique grieving needs of children right in the school setting, allowing students to receive support in a convenient location when they need it most. We have cultivated a total of 46 school partnerships in the Fox Valley area as well as students at the Kane County Juvenile Justice Center. “Connect” is a new grief and yoga workshop where children can explore fun new ways to deal with the big feelings that come with grief.

Family Grief Support

“Grief Takes A Hike” is an annual weekend adventure for children and their families. This program allows youth to experience the therapeutic value of nature – sharing and processing feelings while enjoying indoor and outdoor activities. Our “Herbie’s Friends” group is a multi-week program where children and their families come together over a meal followed by group activities led by trained facilitators. Youth participants are welcomed into small groups by developmental age, while adults meet separately to learn about children’s grief and receive support.

Adult Grief Support

We have 26 different adult support groups that meet throughout the year. “M.A.L.E.S” (Men After Loss Expressing Themselves Safely) is an on-going support group for men who are grieving the death of a loved one. “Pathways” is a multi-week group for people who have lost a spouse or life partner. “Life After Caregiving” is a program that navigates the grief and the loss of our clients’ role as a caregiver. Check out our many other programs at www.fvhh.net!

How to Donate: <https://fvhh.salsalabs.org/fvhhdonationform/index.html>

List of Needs: We’d like the community to share our information with someone they know who might be struggling with grief and in need of our services - send an email to info@fvhh.net.

We would appreciate your support for our upcoming “Bid for Hope” – a totally virtual auction. <https://www.fvhh.net/our-events/bid-for-hope/>

How to Volunteer: Volunteering is an integral part of FVHH. Each volunteer is valued and respected for their efforts to make a difference in the lives those we serve. If you are interested in learning more about volunteering with Fox Valley Hands of Hope, or joining our team of volunteers, please contact Adriana Torres, Manager of Volunteer Services at, atorres@fvhh.net

Other Key Information

Website: www.FVHH.net

Key Contact/Information: info@fvhh.net, find us on Facebook and Twitter