

WHAT is the HUUG Program?

HUUG stands for Help Us Understand Grief. The program aims to normalize feelings, thoughts, and experiences related to illness, dying, death, and grief using play, conversation, activities, and group support.

WHO does the HUUG Program Support?

Children, youth (under 18 years), and families who are:

- experiencing a serious illness,
- anticipating a death,
- or grieving a death.

HOW does the HUUG Program work?

Following referral and intake, our HUUG Counsellor will contact the parent/caregiver(s) to learn more about the child(ren) and family situation, and to set up an in-person assessment.

At the assessment, the HUUG Counsellor will collaborate with the family to develop a care plan to address the goals of care and provide resources.

Services may include:

- Group support,
- Individual counselling support,
- Family consultation, tailored to the needs of the family.

for families... facing serious illness:

Family Consultation:

Available to families facing serious illness, but for whom death is not anticipated in the near future. Support is tailored to the needs of the family. Number of sessions is at the discretion of the HUUG Counsellor.

Individual Counselling:

Available to children and youth of all families facing serious illness, with priority given to those families for whom death is anticipated in the near future. Number of sessions is at the discretion of the HUUG Counsellor.

Support is tailored to individual needs and may include:

- Diagnosis education,
- Emotional expression and coping support,
- Legacy work and memory making,
- End-of-life preparation,
- School support,
- Illness disclosure support,
- Support system identification,
- Young caregiver support,
- And more.



**Sunny & Smooch,
our Jr HUUG Counsellors**

for families... who have experienced a death:

Family Consultation:

Available to families with children who are not old enough to attend group programming. Support is tailored to the needs of the family. Number of sessions is at the discretion of the HUUG Counsellor.

Individual Counselling:

Available to children and youth of families who have experienced a death. Number of sessions is at the discretion of the HUUG Counsellor.

Support is tailored to individual needs and may include:

- Grief education,
- Diagnosis education,
- Emotional expression and coping support,
- Legacy work and memory making,
- Funeral/memorial preparation,
- School support,
- Support system identification,
- And more.

Teen Bereavement Group -

Teens aged 13-17 are invited to meet other teens experiencing grief and develop tools for self-care and coping. Registration is required.

Runs every other week.

Seasonal Workshops and Events

Please stay tuned for seasonal workshops and events. These offerings will focus on a particular aspect of supporting children and teenagers as they navigate grief and loss. Registration is required.

Meet Our HUUG Counsellor



Julia Zinn
MSc, BA, CCLS, CT

Julia Zinn is a Certified Child Life Specialist (CCLS). Child life specialists are allied health professionals who support and enhance the well-being of children, youth, and families facing stressful life experiences. Julia is also Certified in Thanatology (CT).

Julia received her BA in Psychology and Thanatology along with her Certificate in Grief, Loss, and Bereavement Studies from Western University. Julia received her MSc in Child Life and Pediatric Psychosocial Care from McMaster University.

Julia has a wealth of knowledge and clinical experience in child development, attachment, and family systems, as well as serious illness, dying, death, grief, and loss.

The HUUG program is available to families residing in York Region. Like all services at Hope House Community Hospice, HUUG services are available to families at no cost.

Contact Us



905-727-6815



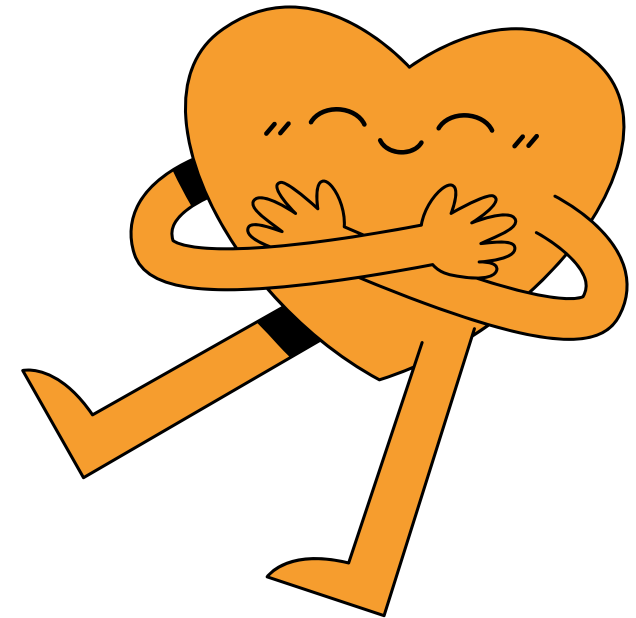
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The HUUG Program was founded by Hospice Mississauga in 2015 to help children and youth cope with life-limiting illness, death, and bereavement. Since that time, other community hospices, including Hope House Community Hospice, have adopted the HUUG program model.

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HUUG
PROGRAM
for children, youth, and families



HopeHouse
COMMUNITY HOSPICE