



HOW HUGS HELPS

HUGS understands that each family with a seriously ill child is unique, and the illness affects each family member in different ways.

Emotionally - Fear, uncertainty, sadness, and anxiety are the immediate emotions that family members experience, compounded by the stress that occurs with mounting medical bills while handling the daily responsibilities of work, school and home.

Physically - The experience of caring for a seriously ill child is taxing and stressful.

Financially - Medical-related bills can range from thousands to millions of dollars which health insurance may not cover.

Family Life - A childhood illness impacts the entire family, sometimes putting a strain on family relationships. Individual family members can suffer from depression, anxiety and react with anger.

HUGS' goal is to strengthen coping abilities and family relationships, foster peer support, and lessen the emotional and financial burden of caring for an ill child.

HUGS' HISTORY

HUGS was founded in 1982 by a small group of volunteers who recognized the many challenges and stressors families with seriously ill children face. They envisioned an organization that would provide support, compassion and aloha to these families. Over the years, HUGS has grown to meet the emotional and financial needs of more families from across Hawaii, helping them cope with the effects of a childhood illness.

HOW YOU CAN HELP

There are a variety of ways to get involved and support HUGS' mission.

- Donate funds
- Sponsor an event
- Conduct a drive for toys, school supplies or canned goods
- Volunteer for one of our family programs
- Like and Follow us on Social Media to find out more: Facebook @HUGShawaii and on Instagram @hugslovehawaii

HUGS provides programs and services at no cost to qualified Hawaii families through the generous support of the community. Monetary and in kind donations make a big difference in the lives of HUGS children and their families. Donations can be made online through the HUGS website at www.hugshawaii.org or by contacting the HUGS office.

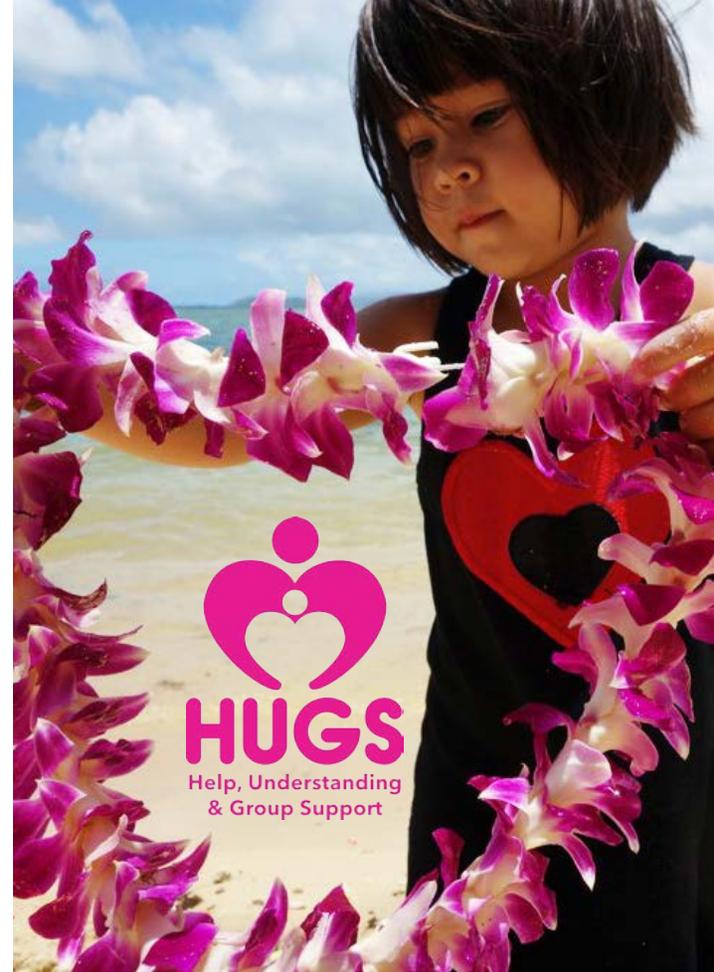
www.hugshawaii.org



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HUGS

HELP, UNDERSTANDING & GROUP SUPPORT

Embracing Hawaii's Seriously Ill Children and Their Families

(808)732-4846

3636 Kilauea Ave.
Honolulu, HI 96816
info@hugslove.org



THE HUGS MISSION

To strengthen Hawaii's families by improving their quality of life as they face the emotional and financial hardships of caring for a seriously ill child.

ABOUT HUGS

HUGS (Help Understanding & Group Support) serves Hawaii families with a child, from birth to 21 years old, who has been diagnosed with a life-threatening condition or disease. Through an array of comprehensive, long-term support programs, HUGS helps the whole family on their journey of caring for a seriously ill child, from diagnosis through treatment and beyond.



HUGS PROVIDES SUPPORT, COMPASSION, AND ALOHA FOR FAMILIES WITH SERIOUSLY ILL CHILDREN

All programs and services are free of charge.

Monthly and Emergency Respite

HUGS provides parents and caregivers the opportunity for time away from the intense demands of care, while children, including siblings, enjoy fun activities in a safe and supportive environment. Emergency respite is assessed on a case-by-case basis.

Monthly Family Events

Family dinners and special events allow parents time to relax, share information and meet other parents who may be going through similar experiences and to enjoy fellowship with one another in a caring and supportive environment.

Peer Support Groups

Peer support activities provide a non-judgmental setting for specific peer groups. Enjoyable activities allow participants to freely share feelings, while supporting one another within a group who uniquely understands the experiences and challenges they all face. Activities are held specifically for moms and dads.

Sibling Support

Siblings of a seriously ill child need support too. HUGS provides special workshops and a 3-day siblings-only camp to help express their feelings through developmentally appropriate activities.



Hospital Outreach

HUGS staff and trained volunteers make regular visits to local hospitals to visit children and their families. Visits include:

- Silver Lining Toy Chest: New toys and gift cards for children undergoing painful medical treatment
- Laughter Wagon: Engaging hospitalized children and teens in fun, interactive games and activities that help reduce stress and anxiety
- Amenity Kits: Basic hygiene products for use during an extended hospital stay

Food and Financial Assistance

HUGS provides the following to eligible families:

- Non-perishable food
- Emergency airfare for medical treatments on Oahu or the mainland
- One-time stipend for neighbor island families during a child's hospitalization on Oahu
- Assistance with funeral expenses after the loss of a child