



H HAND to HOLD

Impact on Society

Fourth Quarter 2018

Hand to Hold helps families before, during and after NICU stays and infant loss by providing powerful resources for the whole family, and most importantly, one-on-one mentoring from someone who has been there. Your contribution to Hand to Hold funds key initiatives to break down barriers to psychosocial support for NICU families nationwide.

What Your Donation Did This Quarter:

- Continued our weekly newsletters featuring content created especially for NICU families.
- Developed the new NICU Love & Loss podcast for bereaved families.
- Sent free resources such as You Are Not Alone brochures and posters to hospitals across the country.

NICU Love & Loss Podcast Launches



Hand to Hold's newest podcast, NICU Love & Loss, was designed to support bereaved families on the difficult journey after losing a child. Made possible by One Wing Foundation and co-hosted by Keira Sorrells, founder and president of the Premie Parent Alliance, this podcast features

conversations with parents who have experienced the loss of a baby. As a bereaved mother and leader in NICU family support, she was the ideal co-host for this emotional podcast. The discussions included stories of loss as a result of stillbirth, genetic disorders and complications related to prematurity. It is our hope that this special podcast will help bereaved families process their emotions, seek support and always know they are not alone.

Nationwide Expansion

One of the ways Hand to Hold provides support to NICU and bereaved families is through our comprehensive in-hospital support resources designed to enhance and extend family support initiatives in the NICU. Over the last few months Hand to Hold has been able to increase our presence in hospitals across the nation by 16%, allowing us to help more families at the bedside.



"Losing a baby after the NICU experience is a type of trauma that only another parent whose walked through both situations understands. Thank you for all the great work Hand to Hold provides."

-Sarah
NICU mom



Fashion Gives Back

For the fourth year in a row, Mimosa Boutique in Lake Charles, LA, hosted Fashion Gives Back benefiting Hand to Hold. The charity runway show has become one of the most sought-after events in the Lake Charles area. This year's event sold out its 1000 seats in less than 24 hours and raised \$70,000 for NICU families.

Because of her dedication and unwavering support for NICU and bereaved families, Hand to Hold has named Lauren Monroe, owner of Mimosa Boutique, our first ever Family Support Champion. It's events and fundraisers like Fashion Gives Back that allows us to continue our mission.

Weekly Emails

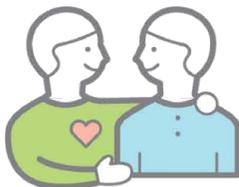
This past year, Hand to Hold began sending out a weekly newsletter featuring content created especially for NICU families. These emails include stories from someone who has experienced the NICU, quick tips for NICU families, and provides direct links to our support programs. It's a great way to get beneficial information delivered right to a NICU parent's inbox.

Turquoise Tables

At Hand to Hold's 2017 Annual Baby Shower Luncheon, we auctioned off four turquoise tables to be placed at four different hospitals in the Austin area. Inspired by Kristin Schell, who launched the Turquoise Table and #FrontYardPeople movements, the tables are meant to foster community among NICU parents. As of December, three of the four tables have been placed, with the fourth table being delivered in early January. We hope these tables provide a place for families to take a breath and recharge.

Impact by the Numbers

January 1, 2018 - December 31, 2018



"I love that Hand to Hold can partner parents with others who completely understand what they are going through."

*- Lauren Monroe
Mimosa Boutique*



Through our Fight Like a Premie campaign and end of year giving, Hand to Hold has raised over \$20,000 during this giving season! You are the reason we do what we do, and we couldn't do it without you: our families and our generous supporters.

Thank you for being with us throughout 2018. All of the funds raised these past few months will go towards empowering more families in 2019.



Fragile Babies. **Family Support.**

TollFree: 855-H2H-NICU | 855-424-6428 | handtohold.org | © 2018 Hand to Hold