Community. Leadership. Impact.





They tell us they feel less alone. They tell us the Center helps them find hope.

Introduction —

The real impact is hope.

Individuals and families say they are "relieved" when they find the Center for Grieving Children.

First, a staff member helps determine how best to help immediately. Often, what's most needed is significant support by phone, or a referral to individual counseling or other assistance. If it seems the family may be ready to join one of our weekly peer support groups, the Center schedules a family interview.

At the Center, families find a safe place to talk about their personal experiences of loss and grief. They can speak their minds, without facing judgment. They find support that helps them understand and accept their loss and their feelings.

They tell us they feel less alone. They tell us the Center helps them find hope.

Impact*

- Spoke individually with 986 people to hear their stories and determine what information, support, and referrals would be most appropriate and helpful.
- For 60% of those who contacted us, it was a friend, family member, or Center volunteer or participant recommended the Center.
- * Impact figures throughout represent 2010-11 fiscal year.

From the Executive Director -

No Place Like It.

There's no place in Maine like the Center for Grieving Children. No place but the Center is entirely devoted to supporting grieving children and families. Our services are free, for everyone, for as long as people want support.

These pages highlight the Center's leadership and community impact during our 2010-11 fiscal year, a time when a busy place got even busier.

Calls for help from the Center have nearly doubled in less than two years. At the same time as our reputation for extraordinary service continues to grow, families' options for information and service have become fewer. Wide-ranging cuts to health, social, and school services have made the support the Center gives even more critically important, now and for the foreseeable future.

Because loss isn't going away—and there is devastating loss to a family when a loved one dies. Every member of the family experiences immediate and long-lasting impacts. Emotional and financial upheaval can be severe.

As the Center celebrates its 25th anniversary in 2012, we will look back to salute our founder, Bill Hemmens, and others who helped launch and grow the Center.

Looking ahead, we want Maine families to be able to continue relying on the Center as a resource. And we know that the Center's leadership, combined with the generosity of individuals, businesses, foundations, and others, will make that possible.

On behalf of our community—which very well may be your community. too—thank you for supporting the Center for Grieving Children.

Executive Director

Impact

- Families sought our services recently because a parent, child, or other family member died from: cancer (27%), suicide (15%), heart disease (11%), or an accident (12%).
- Of the families accessing our Tender Living Care (TLC) program, 70% reported a cancer diagnosis within their family.



Why Grief Support?

More than one in seven American children and teenagers experience the death of their parent, brother, or sister. For additional young people, a "parental figure," often a grandparent or caregiver, dies.

Research tells us that children who receive reliable and appropriate support at this difficult time are less likely to: suffer anxiety or depression, die by suicide, abuse alcohol and drugs, and have problems in school.

But sustained grief support is rarely available—not through hospitals, palliative care programs, or even hospice programs. In a new study by the National Alliance for Grieving Children and the New York Life Foundation, grieving parents report overwhelmingly that there are not enough resources to help them or their children.

By providing support for Maine families, and taking a leading role in training people to provide grief support nationwide, the Center for Grieving Children is working to change that.



Our Core Programs ——

Bereavement Peer Support in Portland and Sanford, bringing together children, teens, parents, young adults, and adults—all of whom have experienced the death of someone close to them.

Tender Living Care, for families facing serious illness, from the point of diagnosis.

Multicultural Peer Support, serving refugee and immigrant Maine students from war-torn countries including Congo, Haiti, Honduras, Iraq, Kenya, Mexico, Somalia, Sudan, Rwanda, Uganda, and Vietnam.

Crisis Outreach, including community and nationwide phone support and referrals, support for schools during a grief-related crisis, and training/ resources for school staff and collaborating groups and agencies in Maine and other states.

Volunteers are at the heart of our model, including trained peer support group facilitators, and those who provide office support and make our special events successful.

Impact

- Served 400 children, teens, and adults in our bereavement peer support groups meeting in Portland.
- Served 71 children, teens, and adults through our Tender Living Care program.
- Trained 72 people to serve the Center and grief support programs nationwide.
- Conducted more than 65 educational presentations, trainings, and crisis support reaching 1,108 young people and 1,105 adults.
- Couldn't have done it without 243 volunteers who contributed 21,000 hours.



Highlights of Accomplishments July 1, 2010-June 30, 2011

- Hosted our 2010 Fall Institute, attended by participants from Maine and other states who we trained to provide peer support groups for bereaved families and families facing serious illness.
- Toward the goal of launching Center services within York County by Fall 2011, met with and mobilized community members, educators, and health professionals there.
- Trained 55 new counselors, and provided Center staff and volunteer support, for America's Camp, the camp held for ten years for children whose parents or siblings died as a result of the attacks of 9/11.
- Hosted, for the first time, a Day for Survivors of Suicide Loss, in conjunction with the American Foundation for Suicide Prevention's national day of remembrance.
- Revealed our new Kids Crooked House playhouse, handcrafted by a Maine-based company with help from local lumber and landscape businesses.

- Launched second year of the Center's unique bereavement peer support program for Young Widows and Widowers.
- Continued longtime leadership role in the National Association of Grieving Children, planning a three-day national symposium in Boston in July 2011.
- Raised funding and awareness for the Center through our Swing "Fore" the Center golf tournament, the Maine Marathon, the 100 -plus hours WCYY radio Markathon by DJ Mark Curdo, our 14th Annual Auction, our 20th Annual Pet and People Walk, 35 rallies for United Way of Greater Portland, and creative community-based fundraisers led by generous individuals and groups.



Clockwise, from top: WCSH6 news anchors Lee Nelson and Cindy Williams at the Center's 14th Annual Auction, hosted by Williams; Center Board President Quincy Hentzel, also at the auction; CGC Team at the 2010 Maine Marathon; new Kids Crooked House at the Center.

Our Stories •

When Our Phones Ring . . . -

"We took calls today from two childcare centers looking for support related to the recent death of a five-year-old....

Phone support was requested by a school experiencing the death of a staff member.... The family requests help talking about what will be the changes for all of them, after the death of their mother.... A church asked us to work with parents and students on how to support children and friends in a time of loss.... Both callers were very tearful, because of deaths due to gun violence yesterday...."

O.K. to be Happy -

"I found myself in completely unfamiliar territory. I had no idea what my kids needed," said a mom

whose husband died when her son was eleven and daughter was eight.

"The Center helped me be prepared for what my children were experiencing. They actually helped me anticipate their needs. They provided resources to their schools and their counselors, making sure that everyone was working together to support my kids."

Says her daughter, "I like going to the Center because it is teaching me that I am not different—I am not the only one who has lost their Dad. **They make you feel complete again**, even though you are missing someone important. They are teaching me it is OK to be happy."

The Shocking Word "Cancer" -

"We want to thank you for helping us when we heard the shocking word CANCER," wrote Susan.

Describing as "exceptional" the atmosphere of the Center and its Tender Living Care (TLC) program, she called it an inviting, supportive place that her children enjoyed when **her family faced "such a scary" diagnosis,** and throughout the following year, as her husband sought treatment for renal cancer.

"You were there to lift us up," she said. "It turned out to be a positive experience for all of us. We always laughed and let off steam, the burden was lifted. We felt, 'Hey, we are not alone.'"

Protecting Sad Feelings —

When seventh-grader Grace entered the Center's Multicultural Program, she often isolated herself, refused to participate, and bullied others. Gradually, she began participating in and enjoying the program. But when staff began talking about the year's program coming to an end, she regressed and became disruptive.

Our program coordinator talked with Grace about how difficult saying goodbye can be when one **has not had "good goodbyes" in the past** or is leaving something that has become important to you. Grace also talked with her school counselor. She returned with a new approach, participated in the goodbye activities, and revealed to her group, "On the outside, I act this way because I am **protecting my sad feelings on the inside."**



Thank you!

July 1, 2010-June 30, 2011

Volunteers

Facilitators

Served one or more of the following: America's Camp; outreach support; internship program: Tender Living Care (TLC); and bereavement support groups serving children and their families, bereaved parents, young widows/widower, and children from war-torn countries.

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In Memoriam

Judith Todd Abrams Ramey W. Tomson Marie Almy Donald C. Almy Robert Anderson Lorraine Whelan Constance Asdourian Richard Asdourian Donna Libby **Garrett Aviles** Lewis Joseph Fisher Foundation Vincent Balzaon Re/Max By The Bay **Lindsay Berghuis** Mark Dunlap Sheila Peabody **David Boutin** Collett and Priscilla Hill **Sherry Bray** Heather Emerson Martha Ives Anu Makynen **Eddie Brooks** Cathleen DiMarzio Alison Bullock Elizabeth Huebener Lou Butterfield Peter Connolly Andrew Campbell Alan Carter, D.O. Ruth Ann Caron Madelyn St. Clair Silas Carver Daniel Spehler Theresa Cerino Re/Max By The Bay Julie Chicoine Tirumala Devi Maganti Maine Tennis Foundation Jon and Liza Thompson Mike Churchill Daniel Reardon and Bernadette Woodcock Regina Clarke George Aponte Clarke

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Kenneth and Beverly

Dando

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Vivian Milestone

Naomi Larman

Kim DiPietro

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Linda Murphy

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Daniel Nickerson

Patricia Nickerson

Alec Nelson

Tom Noll

June Grocki

Francis Fota

Paul Paradis

Philip Hall

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Mr. and Mrs. James Gorman William and Suzanne Gorman William Grabarz Molly Anderson Michelle Carlson Francesca Cormier Jennifer Doe Wendy Fisher Jessica Fredericks Rosemary Grabarz Elizabeth Holland Abigail Jernigan Paula Kennedy Elizabeth Lupien Eric Mavo Kelile Morrison Shauna Peffer Georgia L. Porter Lucie Scholz Carol Swicker Suzannah Wood Earl Grant Georgette Nadeau

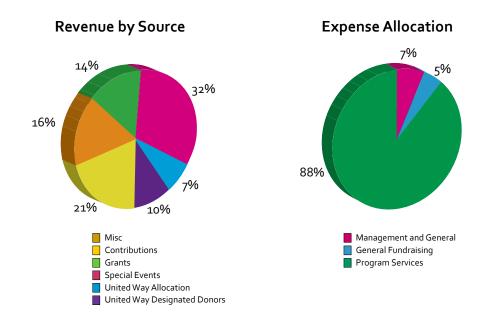
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Franklin Brooks

David Jewett

Joni Brooks-Kelly

Falmouth on the Green Jennifer Read Melissa Pettingill Foundation Lawrence Foley



Condensed Financials .

Revenue

Revenue from Services	\$0*
Contributions, Grants, Events, Community Support	\$681,211
Investment Income	\$4, 770

Total Revenues	\$685,981
Expenses Program Services Management and General Fundraising	\$610,274 \$50,360 \$35,966
Total Expenses	\$696,600

Profit/(Loss)	\$(10,619)

^{*}The Center provides services to grieving children and families at no charge, through the tremendous generosity of our community.

Staff

Anne Lynch, executive director
Kelli Bean, office manager
Patricia Ellen, outreach director
Susan Giambalvo, program director
Heather Hodgkins, development and
communications coordinator
Valerie Jones, program coordinator
Diane Kimball, development manager
Marie Sheffield, multicultural coordinator
Elyse C. Tipton, development director
Janice Zurlo, York County coordinator

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Bill Hemmens (1945-98), founder



555 Forest Ave. Portland, ME 04101 (207) 775-5216 www.cgcmaine.org

The Center for Grieving Children,

based in Portland, Maine, serves more than 4,000 grieving children, teens, families, and young adults annually through peer support, outreach, and education. Offering our services at no charge, for as long as people need them, the Center's mission is to provide loving support that encourages the safe expression of grief and loss and fosters each individual's resilience and emotional well-being. The Center reaches individuals from diverse cultural backgrounds, and relies on financial contributions from individuals, businesses, foundations, United Way, and special events. For more information, call (207) 775-5216 or visit www.cgcmaine.org.

Cover photo by Richard G. Sandifer/www.rgsphoto.com

Thanks to community support, the Center's home in Portland is the only facility in Maine designed and operated solely as a welcoming "home away from home" to support people who are grieving.

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555 Forest Ave. Portland, ME 04101

Celebrating Hope: Our 25th Anniversary Gala 5:30-9:30 p.m., Friday, February 3, 2012 Holiday Inn By the Bay Portland, Maine

21st Annual Pet and People Walk 9 a.m.-noon, Saturday, June 11, 2012 Back Cove/Payson Park

Portland, Maine

Paul Gray Memorial Swing "Fore" the Center Noon, Tuesday, September 18, 2012
The Purpoodock Club
Cape Elizabeth, Maine



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