

# from the heart

NEWS FROM THE CENTER FOR GRIEVING CHILDREN

*This issue: 2013 Report to the Community*



LEARN WHAT YOU DID FOR GRIEVING CHILDREN AND FAMILIES THIS YEAR.

*You improved understanding  
of the grief journey.*

Your support helped introduce  
a unique program evaluation tool  
to help kids and adults alike.

*You helped more hearts heal.*

The number of Center  
participants climbed sharply in both  
Cumberland and York counties.

*You expanded grief support  
in our community.*

You helped us bring  
education, training, and crisis  
support to schools, workplaces,  
medical offices, and more.



Fall/Winter 2013

*You are kind,  
compassionate,  
and amazing!  
Learn more  
inside.*



Home: 555 Forest Ave., Portland, ME 04101  
York County Site: 893 Main Street, Sanford, ME 04073  
**CGCMAINE.ORG | 207.775.5216**

About the Center for Grieving Children

For children and families confronting loss, change, and grief when someone close to them dies or is seriously ill, the Center for Grieving Children is an oasis of loving support. Trained volunteers and the support of the local community keep our services free for families. Founded in 1987, the Center today reaches more than 4,000 people annually, and depends on funding from individuals, businesses, foundations, and United Way.

For more information:  
(207) 775-5216 and cgcmaine.org

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*founder*

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*Connect with the Center on these social networks:*



*You make the Center work.*



TAKING STOCK

Creating an annual Report to Our Community helps those of us at the Center for Grieving Children take stock of accomplishments and how they have evolved.

Look, for example, at the vision of Center founder Bill Hemmens, more than 26 years ago.

When Bill’s adult sister died, leaving a young daughter, he searched for and finally found a child-focused program offering grieving children a place to share feelings and experiences. It was in Oregon, and he flew there for training in their model. Returning to Maine, he recruited the people and resources needed to launch the Center, only the third such program in the nation at that time.

His vision is still gaining momentum. Today, we offer the Bereavement Peer Support program in both Cumberland and York counties. In the past year, we saw a steady increase in the number of people it served.

Reflecting on the story of our Multicultural Peer Support program is also inspiring. Initiated by a small group of Center staff and community partners, it has grown over 16 years into a program attracting national recognition and powered by a large, diverse group of volunteers and professionals.

In the fast pace of many of our lives, we don’t always take time to reflect on where we have been and how far we have come. But looking back at the journey—at changes over time—allows us to recognize growth.

This year, for participants in the Center’s peer grief-support groups, we’ve created a survey tool to help them reflect on changes and growth along their grief journey. You can read about it on page 2.

For your own reflection, consider all you are doing to make the Center’s work possible. Your support brings grieving children and families through pain and isolation, and back to living fully.

Thank you.

Anne Lynch  
Executive Director

“Great mentors and role models”

Anne was honored in 2013 with the University of New England’s Deborah Morton Award, given to women in Maine for exceptional leadership. Among her “great mentors and role models,” she said in her acceptance remarks, “are the children and families I’ve met through the Center.”



Anne with fellow awardees and UNE President Danielle Ripich (blue) and Thomas College President Laurie Lachance (red)

WHAT YOU MAKE POSSIBLE

Bereavement Peer Support

By creating a safe place for grieving children and their families to talk about feelings and experiences, the Center’s Bereavement Peer Support program fosters their resilience, coping skills, and emotional well-being. The number of participants climbed sharply last year in Portland and Sanford. Bereavement Peer Support groups for young adults, bereaved parents, and widows/ widowers/partners also met in Portland. Nearly 300 individuals meet weekly in peer groups facilitated by 139 trained volunteers.

“I appreciate, every day, what the Center did . . .”

President of Patrons Oxford Insurance Company, Mark Pettingill made possible the Center’s participation in the WCSH6 Companies that Care program which, this past summer, broadcast custom-created advertising highlighting the Center.

Nearly three years ago, Mark’s wife, Melissa, died from lung cancer at just 45 years old. He and his sons came to the Center. He says, “I appreciate, every day, what the Center and its volunteers did for me and my family.”

Thanks to your support, grieving children and families discovered one another’s help.



Jane Berger Photography

“I joined the Board because of my past.”

At the age of 15, I lost my best friend and hero, my sister, Dana. The loss was crushing. It took a long time to recover.

I didn’t know about the Center then, and wish that I had. I have witnessed how the Center restores lost, aching children and families to their former joyful, strong, and best selves.

I joined the Center’s Board of Directors because of my past, but I stay involved and motivated because of all of our futures.

- Amanda Rand

### York County Growth

Growing awareness of the Center’s services is sending more York County families to both our Portland and Sanford sites.

- Since opening our service site on Main Street in Sanford in 2011, we have doubled the number of people served there, with more than 50 children and their families enrolled last year.
- An additional 60 York County residents came for service in Portland — a substantial increase, in just one year.
- And the York County community is calling on the Center. Staff conducted education, training, or crisis response sessions for 10 local schools and organizations.



Tender Living Care

The Center’s Tender Living Care program offers support to families living with the serious illness of a family member, at any point along the journey.

Connecting with others who understand what they’re going through can support families in ways that help them communicate better with one another and cope with the changes illness brings the family.

“We had help from a volunteer who speaks Russian.”

Resettled in Portland from Afghanistan by way of a refugee camp in Russia, a mother and her five children could not turn to family or friends for support when she became seriously ill.

Patricia Ellen, then coordinator of our Tender Living Care program, worked to arrange home visits and overcome a language barrier.

“We had help from a Center volunteer who speaks Russian, which the children had learned during their time there,” she said. “It was wonderful to see how caring the kids were for their mother and each other.”

• Thank you for your help keeping •  
• Center services free for families. •



In the past year, nearly 70 participants met in weekly, evening peer groups for children ages 3-18, ill adults, and care-giver adults.

Activities varied. During one session, for example, family members crafted flags representing their hopes and dreams. For another, guest presenters shared techniques to use at home for relaxation, nurturing, and other kinds of care.

A Tool to Reflect and Assess

With help from the University of New England’s Project REACH, we’ve developed a unique program evaluation tool. It assists children, teens, and adults in our peer grief support groups to reflect on personal changes along their grief journey.

When they join a group, and twice throughout the year, participants sit down with a group facilitator to respond to a series of statements that help them consider their closeness with others, physical health, confidence in their own choices, emotional support systems, and support from the Center.

Their confidential responses will help inform and guide improvements in Center services.



Multicultural Peer Support Program

Working this year with three Portland elementary, middle, and high schools, the Center’s Multicultural Peer Support Program served children resettled locally from countries suffering violent conflict or natural disaster. Professional staff guided a team of volunteers whose training included intercultural perspectives on grief and loss.

The program was seen as an innovative model at trainings and conferences last year in Atlanta, Savannah, Phoenix, and Toronto. Staff also offered training locally in schools and housing agencies. Our volunteer Intercultural Advisory Council helped develop strategies to overcome language, culture, and scheduling barriers in connecting with students’ parents.

“Now I like to talk to people.”

Excerpted from an August 23, 2013 Portland Press Herald article by Matt Byrne, quoting Nyamouch Gai, 14, a Multicultural Peer Support program participant originally from South Sudan.

Although Gai does not remember her family members’ involvement in war, she has already noticed the lifelong effects. “We have lots of aunts, not many uncles,” Gai said. “Most of them went into war and never came back.”

Gai said that since she has participated in the Center’s sessions, she has learned how to open up to her peers and make more friends.

“It’s a safe place to come to if you’re feeling down,” said Gai, who smiled when she admitted she used to be shy before she came to the Center. “Now I like to talk to people.”

Community Outreach

For more than 1,000 callers, Center staff provided one-on-one compassionate listening, information about our peer grief-support groups, guidance to help support young people experiencing grief, and referrals to other services.

For the community, the Center made 94 outreach visits. Schools called upon us for crisis response when teachers, students, or another member of their community died.

Businesses asked for “Lunch and Learn” sessions for employees. Organizations and schools wanted how-to training in supporting young people and families through times of illness and death.

More than 100 students, families, school personnel, and volunteers attended the program’s end-of-year Community Night, sharing a meal and the treat of songs and films created by the students.



Taking off on a zip line is Achen Charles, 11, one of a dozen Multicultural Peer Support program participants who took part in an outdoor adventure, leadership development, and grief support day camp this summer.

“That’s where healing can begin.”

How does the Center respond when a school calls because of a sudden death?

“We do what works best for each school,” says Valerie Jones, the Center’s bereavement services coordinator, “But, whenever possible, we go to the school and meet directly with the students, teachers, and other members of their community.”

“That’s where healing can begin—in a place where the community can gather together in a familiar environment, to give and receive comfort and support.”



Who Called upon the Center?

A sample of groups receiving one or more of our education, training, or grief support sessions during the fiscal year.

- Biddeford:**  
University of New England, training
- Dover-Foxcroft:**  
Pine Tree Hospice, training
- Falmouth:**  
Falmouth Elementary School, crisis response
- Gorham:**  
University of Southern Maine, crisis counseling class
- Kennebunk:**  
Middle School of the Kennebunks, education
- Kennebunkport:**  
The Landing School, crisis support
- North Berwick:**  
Vivian Hussey Elementary School
- Northport:**  
National Association of Social Workers, training
- Portland:**  
Boys and Girls Club, crisis response  
Catholic Charities, education  
Community Counseling Center, education and support  
Deering High School, education  
Diversified Communications, education  
Glickman Symposium, training  
Hall School, crisis response  
Learning Works, education  
Lincoln Middle school, education  
Maine Association of School Counselors, education  
Maine Medical Center, multiple trainings  
Portland High School, support  
Portland Housing Authority, education  
Presumpscot Elementary School, support  
Riverton Elementary School, crisis response  
Riverton Park community group, education  
Reiche School, education  
Ronald McDonald House, education  
University of Southern Maine, training and education  
University of New England classes
- Rockland:**  
Coastal Family Hospice, training
- Saco:**  
Thornton Academy, crisis response  
Spurwink Training Institute, training
- Sanford:**  
Rotary, education  
Cancer Care Center of York County, education
- Scarborough:**  
Hospice of Southern Maine, education  
Maine Center for Cancer Medicine, education
- South Portland:**  
Southern Maine Community College, education  
STRIVE, crisis response
- Wells:**  
CareLink, training
- Westbrook:**  
University of New England, education
- Atlanta, Georgia:**  
Emory University, education
- Savannah, Georgia:**  
American Art Therapy Association, education  
Kate's Club, consultation
- Phoenix, Arizona:**  
Symposium of the National Alliance for Grieving Children, education
- Toronto, Ontario:**  
North American Refugee Health Conference, education

FINANCIAL STATISTICS (AUDITED)

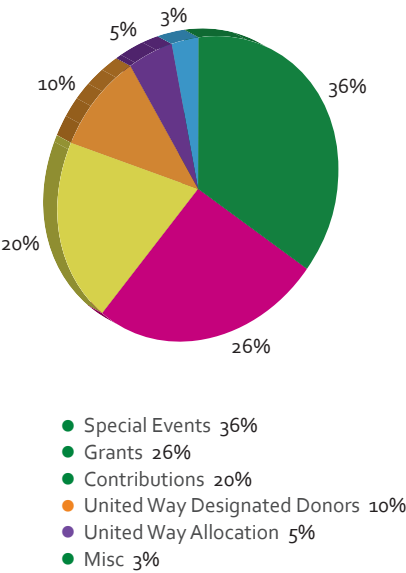
Revenue

Revenue from Services*	\$0
Contributions, Grants, Events, Community Support ..	\$819,964
Investment Gain .....	\$7,560
Total Revenues .....	\$827,524

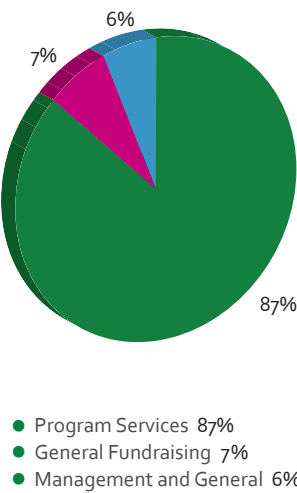
Expenses

Program Services .....	\$677,500
Management and General .....	\$52,949
Fundraising .....	\$51,625
Total Expenses .....	\$782,074
Profit Margin .....	\$45,450

Revenue by Source



Expense Allocation



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

“I could have used a place like this.”

Mark Dissell of Yarmouth, Maine surprised us this summer with his hand-delivered donation of almost \$1,000, collected from friends to mark his hike of the 100-Mile Wilderness section of the Appalachian Trail. “My dad died when I was 12,” he said. “I could have used a place like this.”

- Cancer, suicide, heart disease,
- violence, accidents, and more mean
- children and families need help.



Cindy at our 2013 auction and dinner gala, with husband Lee Nelson

Jane Berger Photography

Thanks, Cindy

When WCSH6 News Anchor Cindy Williams finished her evening broadcast on Friday, February 3 this year, she made a beeline to the Center’s annual gala to host it, as she has for several years. She also has made outstanding news videos about the Center’s “life changing” work.

“Over several years, I’ve been able to sit down and talk with many families at the Center,” she says. “Their stories are all different, but what they say about the Center is the same: they don’t know what they would have done without it.”

Love Really Counts: Our 2013 Auction and Dinner Gala generated more than \$170,000. It was a moving, memorable evening thanks to Cindy and our guests, sponsors,volunteers, auctioneer Tom Saturley, and Center families who shared their stories.

“It’s about the kids.”

Says WCYY DJ Mark Curdo, “Markathon is about the kids, their families, love—and all kinds of music!” In December 2012, the week-long WCYY Markathon raised more than \$37,000 for the Center, taking pledges from listeners for any song they requested. “I’m lucky,” Curdo says. “I haven’t had many close losses in my life. I can’t even begin to imagine how it must feel. When I meet and hear the stories of kids, moms, dads, brothers, and sisters who haven’t been as lucky as me, I’m inspired by them.”



A “key to the city” from Portland Mayor Michael Brennan, right, during Markathon last year

Thanks, Red Claws



Crusher, Maine’s only basketball-playing crustacean, visited the Center last year for a press conference announcing Hoops for Hope, a Center partnership with the Maine Red Claws, presented by General Dynamics Bath Iron Works with a two-year gift of \$25,000. Fans join the fun by making pledges to support the Center based on players’ free throws.

Thanks, Joan

When Olympic Gold Medalist Joan Benoit Samuelson visited last summer with TD Bank Beach to Beacon 10K runners raising money for the Center, she reminded them not to judge their performance in a race—or along the grief journey—by anyone else’s. “Run your own race,” she said.

As the 2012 race beneficiary, the Center raised more than \$65,000, thanks to a gift of \$30,000 from the TD Charitable Foundation, and fundraising by 50 Center FundRacers and other race participants.



Anne Lynch with Paul Gray family and friends: Beth DeTine, Sarah Gray, Don Quigley, Bill Caron  
Joan Benoit Samuelson, right, with Nancy Thompson, our 2012 board president

Thanks, Paul’s Friends and Family

His friends say that to become the great player he eventually was, Paul Gray put a lot into his golf game—just like he did for his job, family, and community.

A Maine Medical Center and MaineHealth leader and Center board member, Paul died in 2011. His colleagues and family helped us launch the Paul Gray Memorial Swing “Fore” the Center in 2012, raising \$55,000 through a great golf outing at The Purpoodock Club in Cape Elizabeth.

Thanks, United Way



United Way donors and hands-on volunteers supported the Center’s work in both greater Portland and York County.

WITH GRATITUDE - July 1, 2012-June 30, 2013

Corporation and Foundation Support

<b>\$25,000+</b>	Give With Liberty	Migis Lodge	Maine Association of Broadcasters
United Way of Greater Portland	Grace Restaurant	Morgan Stanley	Maine Red Claws
Walmart Foundation	IBM Employee Services Center	Oakhurst Dairy	Roland Mercier
WEX, Inc.	Patron's Oxford Insurance Company	Opus Consulting Group	National Fuel Gas Company
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<b>\$10,000-\$24,999</b>	People's United Bank Wealth Management	R.M. Davis Inc.	Omni
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	Baker Newman & Noyes	W.R. Berkley Corporation	Village Candle, Inc.
	Bank of America United Way Campaign	Charitable Foundation	Waterfront Concerts, LLC
	Berry, Talbot, Royer	Walgreen Co.	Wells Junior High School
	Bob's Discount Furniture		
	Carr Consulting	<b>\$500-\$999</b>	
	Coastal Family Hospice Volunteers	Allagash Brewing Company	
	Coastal Maine Aquatics	Allen Avenue Unitarian Universalist Church	
	Company C	Atlantic Orthodontic Center	
	Curtis Lake Church	Bigelow Investment Advisors	
	Dale Carnegie of Maine	BJC Hospice	
	Edward H. Daveis Benevolent Fund of the Maine Community Foundation	Brew Associates	
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		Learning By Giving Foundation	

We are grateful to everyone who gives to the Center. A complete list of 2012-13 donors can be found online at [cgcmaine.org](http://cgcmaine.org).

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Individual gifts listed include United Way pledges made in 2012, and do not include payments on capital campaign pledges. If you note an error, please call (207) 775-5216, ext. 103.

Thank you for your annual gifts, and for planned gifts that leave a legacy. If you would like to learn more about giving options, please call us at (207) 775-5216.

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Kenneth E. Pinkham	Charles De Sieyes and Carol Ward
Denise Plourde	Bradford and Elizabeth Watson
Julie E. Pochepan	Marilyn Leiviann and David Webster
Ryan D. Poisson	Katherine Weiss
Tom and Dena Polko	Michael Weiss
Stanley and Doris Pollack	Lynn E. Wight
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Patricia B. Rice	
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Angelo Roumeliotis	
Connie and Edward Ryan	
Stacey Sawyer	
Kevin and Ellen Schoepf	
Allison D. Schroth	

<b>In Memory and Honor</b>
<b>In memory of:</b>
Marie Almy
Constance Asdourian
Rich Baldwin
Lindsay Berghuis
Emily Bobbit
Russ Bornstein
Robert Bromee
Grant Chandler
Norbert M. Chiland
Regina Clarke
Sloan Critchfield
Michelle Anne Cullen
Anita Daley
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Gene De Foliart
Jenna Mangini and Elijah Norbert
Albert R. Farina
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Evelyn Finkelman
Jane Giese
Kevin Grover
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Stephanie Klein
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Darline Joy Cloudman Millett
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Lois Murphy
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Susan Smith
Zachary Smith
Kyle Snow

Mr. and Mrs. Walter Soule
Peter Stickney
Timothy Stickney
Sandy Hook Elementary students, families, and staff of Newtown, CT
Travis Sullivan
Barbara Swain
Timmy Thompson
Philip Thorpe

<b>In honor of:</b>
Geoff Allen
Sara Almy
Jonathan Ayers
Lily Beausang-Gosselin
Allison Beck
Christine Bennett
Susan and Jay Bolster
Patti Campbell
The Mayrand Family
Taryn Freidman
Steve Hart
Heather Hodgkins
The Jirikowic Family
Nancy Brain and John Watson
Linda Kelly
Rob Lamb
Libby and Mike Lauze
Alison Leonard
Dr. and Mrs. Joseph Long
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John McDonough
Michael Moore
Aiden Morse
Steve Putnam
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Kimberly Simard
Barney Skolnick
Patricia Stone
Nancy Thompson
Melissa Smith and Brian Corcoran
Diana Warren
Michelle and Trapper White
Monica Wood
Greta Yankiver

<b>Volunteers</b>
<i>July 1, 2012-June 30-2013</i>
<b>Program Volunteers</b>
Lynn Abood*
Danielle Alexander
Sara Almy
Jacki Alpert
Kristina Andren
Donna Andrews
Edward Armbruster
Peter Arndt
Sara Asch*
Paul Attardo
Carmela Barton
Allison Beck
Mike Berkowitz
Lori Black
Henry Bliss
Michaela Boland*
Phaedra Bond
Anne Marie Briggs*
Kate Brown
Jane Bruno
James Byers
Patti Campbell*
Kimberly Carr
Beth Carter*
Julie Chevalier*
Liz Clough
Nantz Comyns
Erin Conner
Anna Consla-Schroeter
Kerry Conway
Danielle Costigan
Shannon Cotter*
Lauren Coughlin
Valerie Craig
Sorcha Cribben-Merrill
Triss Critchfield
Sarah Cummings
Lois Curtin*
Patty Dempsey
Debbie Deschambeault-Mazjanis
Diane Dickinson
Kathryn Diggs*
Andy Dixon
Mary P. Donahue
Lazarus Donato
Deborah Duffett
Donna Duffy
Julie Edmonson
Melissa Esty
John Flanagan
Lynn Foley*
Marjorie Ford
Karen Franchoise
Kristine Franklin
Meghan Garrard
Alyssa Marie Garvey*
Rachel Gitelson
Lynn Grimaldi
Greg Grigsby
Nora Gross*
Marijo Hamilton
Steve Hart
Kate Hassett
Rebecca Hatch
Jess Healy
Anne Heelen
Deb Henry*
Christine Hensley
Brittini Herring
Tatyana Herron
Drew Hill
Sharon Hill
Norm Hillsgrove
Pam Hines
John Holland
Lynne Holler
Tom Hopkins
Carol Howard
Sue Howe
Lisa Howell
Pam Ingram
Monique Isherwood*
Jean Jala
Tricia Jamiol
Noreen Jensen
Sheila Jepson
Ruth Johnson
Pamela Kallas
Artut Kaptelinin
Maureen Keeley
Nancy Kellar
Sarah Kelley
Jane Kirton
Beth Kittredge
Edward Laboke*
Joanne Larman
Janine Lauze*
Solange LeBorne
Jim Lee
Jaymee Legassey*
Helen Lonegan
Blaise Maccarrone
Margo Mallar
Jeanne Markin*
Joan Martay
Maryellen Mcevoy
Pam McGrath
Sharon McKenna*
Alissa Messer
Nikki Millonzi
Stephanie Morris
Suzanne Mueller
Colleen Myers
Nancy Nally
Rachel Neales*
Donna Oakley
Peg O'Brien
Cathleen O'Donnell
Shawna Ohm
Josephine Okot
Beth Olsen
Ally Olson
Karen Orr
Cathy Paglio*
Lori Parent
Toni Parise*
Suzanne Patterson
Maureen Peters
Maria Peverada
Deb Pfeffer
Jay Piscopo*
Sheryl Plummer
Tony Pollino
Kay Porter*
Laura Powers
Laura Pride
Peter Prinz*
Beth Quinlan
Natalie Reisinger
Nancy Richardson
Rhonda Ring
Nancy Robinson
Patti Ross
Peggy Rowe
Jon Rudnicki
Kristen Ryan
Jori Rynberg
Sanaa Salar
Brittany Sampson
Erin Saveall
Luanne Schoninger
Abdi Sharif
Linda Siglock
Daniela Skalina
Leslie Smith
Bruce St. Thomas
Teresa St. Peter
Jennifer Stockless*
Pat Stone*
Karen Stowe
Amber Strickland

Edward Szalajeski
Pamela Szalajeski
Ellen Theodores
Matthew Theodores
Carl Toney
Rosalie Trujillo
Joan Uraneck
Beth Van Gorden*
Katie Vandermast
Jess Violette
Julie Vohs
Kristine Watson
Doug Watts
Johanna Webber
Stephanie Williams
Susan Jane Winslow
Christine Wyman
Gretalynn Yankiver
Howard Yates
Ayla Zeimer

*\*Also volunteered to assist event or office projects*

### Office and Event Volunteers

Lyndsey Anderson
Auch Anolding
Abigail Beigel
Jane Berger
Laura Bither
Michele Bolud
Aiden Bowe
Jamie Brinkler
Hilary Brune
Joan Buelle
Joan Burke
Emily Cesta
Mechelle Connolly
Ida Connolly
Peter Connolly
Destiny Cook
Caleb Crocker
Alyssa Crowley
Kimberly Damon
Hannah Davis
Lori Davis
Jenny Devine
Tracy Dickinson
Jody Dolley
Laura Dow
Vantiel Duncan
Ted Durost
Rachel Durost
John-Corey Edmiston
Elizabeth Ferreira

Kim Fisher
Mia Fisher
Becca Foley
David Ford
Allyson Gabriele
Susan Gaudet
Celine Gauthier
Matthew Gedares
Matt Gerardo
Carolyn Giberson
James Giberson
Sheryl Graves
Michael Haith
Terry Hand
Katie Hogan
Lynne Holland
Heather Huntzinger
Halee Jandreau
Ginger Jones
Jean Jowell
Madeleine LaBrecque
Carolyn Lane
Laura Lepine
Janet Letalian
Kimberly L'Heureux
Samantha Libby
Mai Mangin
Emily Manter
Keyly Martinez
Melissa McAllister
Maureen McHugh
Diane Meehan
Katie Meehan
Candice Metcalf
Allison Metsker
Janet Metzger
Marianne Miro
Sandra Moran
Carol Mosley
Sarah Mosley
Kimanna Nguyen
Ann-Marie Oberg
Ellen O'Keefe
Danielle O'Neill
Lindsay Owen
Carissa Parent
Kai Patricio
Erin Pirkkanen
Katherine Poissel
Katherine Possier
Elizabeth Poulin
Perri Powell
John Reaman
John Reed
Liz Reed

Natalie Roberts
Ann Ronson
Ann Marie Rousselle
Karen Savage
Kristin Schardt
Sam Sessler
Abby Siegel
Beth Skypeck
Patti Small
Anna Spitzinger
Liz Taranino
Christine Taylor
Izzy Terracciano
Lisa Toner
Mary Kate Walsh
Patty Walsh
Diana Warren
David Warren
Adele Werner
Christine Wyman

• *Your gifts of* •  
• *time, talent,* •  
• *and love* •  
• *change lives.* •



*Center volunteers complete an orientation session and a background check. Volunteers who facilitate our peer support groups also receive extensive training, coaching, and support from Center staff and consultants.*

# THANKS TO YOUR SUPPORT

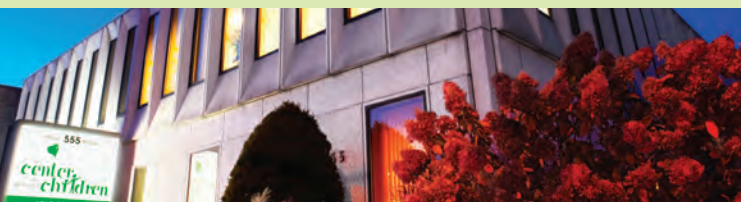
## 2013 Center Highlights

- *Volunteers gave us a record-breaking 24,000 hours! They facilitated grief-support groups, made events successful, assisted office operations, maintained facilities, and more.*
- *Nearly 400 children, teens, and adults grieved with and helped one another heal in our peer-support groups in Cumberland and York counties.*
- *Over 1,000 phone callers found compassionate support, plus information and referrals, when they spoke with staff members at the Center.*
- *More than 470 young people and 1,500 adults received education, training, or crisis support at 94 schools, colleges, healthcare centers, and other agencies.*
- *Connecting with the Center online, often sharing personal experiences of loss, 13,000 individuals learned about Center programs and found grief resources.*



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## Please make a gift before year's end



Online: [cgcmaine.org/donate](http://cgcmaine.org/donate)  
By mail: P.O. Box 1438, Portland, ME 04104  
By phone: 207.775.5216

## JOIN US IN 2014

### Volunteer Orientation and Training

Volunteers are our most valuable resource! At an orientation session, you'll learn about training to become a peer-group facilitator, and additional volunteer opportunities.

*For times and dates, please call 207.775.5216.*

### Grief Support Groups

*In Portland:* For children and their families, young adults, bereaved parents, and young widows/widowers/partners.

*In Sanford:* For children and their families, and young widows/widowers/partners.

*For information on joining a group, please call 207.775.5216 or email [valerie@cgcmaine.org](mailto:valerie@cgcmaine.org).*

### Love Really Counts: Our 2014 Auction and Dinner Gala.

5:30-9 p.m., Friday, February 7  
Holiday Inn By the Bay, Portland



- Elegant cocktail hour with best-of-Maine silent auction
- Live auction with Tom Saturley, CAI, of Tranzon Auction Properties, followed by dinner
- Inspiring program hosted by Cindy Williams, award-winning WCSH6 news anchor

*Join us as a sponsor, guest, auction donor, or all three! Call 207.775.5216 or email [elyse@cgcmaine.org](mailto:elyse@cgcmaine.org) or [lianna@cgcmaine.org](mailto:lianna@cgcmaine.org).*

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