

from the heart

NEWS FROM THE CENTER FOR GRIEVING CHILDREN

Our 2016 Report to the Community



I didn't know what to expect, and I didn't think it was going to be for me or the kids. I was so wrong. The people I spoke with are all going through something similar and they all have struggles. The Center is the one place where I feel like I can share anything and everything.

the
center for
grieving **children**

where families find hope and love



Fall/Winter 2016

“The first night we came we were so overwhelmed by the love of all the facilitators and all the other participants. I realized I wasn’t alone and that was truly monumental...

The Center gives me one hour a week where my son goes to the children’s group, I go to the parents’ group and I’m able to let go and feel supported.”

– Shannon, who receives services in Portland

WELCOME

Dear Friends,

The past year at the Center marked so many milestones that your support has made possible.

-It marked 10 years since we moved into our permanent home at 555 Forest Avenue in Portland – only possible by your support and the guidance of many people.

-It marked 5 years since we extended our reach across Southern Maine by providing services at a second location in Sanford.

-It marked 3 years since we embarked on a comprehensive evaluation project that now demonstrates the impact of our programs. Results confirm that peer support programs that you support increase resiliency, sense of belonging, and hopefulness for participants.

In the last year, we have served more families in Southern Maine than ever, with 586 children, teens, and adults helping one another through peer support.

As you can see, our numbers grow every year.

These families get the support they need because of you. Individuals, businesses, foundations, and the United Way have come together for 29 years to provide this one-of-a-kind, loving support.

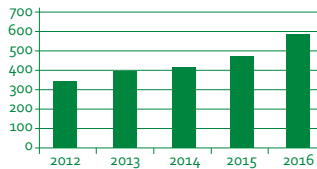
Next year, we are very excited for another milestone, our 30th Anniversary. I look forward to celebrating with you!

Thank you for being a part of our family and for believing that no child should grieve alone.



Anne Heros (formerly Lynch)
Executive Director

Total Number served by
Peer Support programs



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founder

CGCMAINE.ORG | 207.775.5216

555 Forest Ave., Portland, ME 04101

893 Main St., Sanford, ME 04073



“IDEXX is very proud to support the wonderful work of the Center and the incredible work of all its volunteers. Thanks to numerous volunteers and generous support from individuals and local companies, the services of the Center are available at no cost to families throughout the community. The healing power of love is always strong at work at the Center.”

– Mike Lane, Corporate Vice President, IDEXX Laboratories, Inc.

BY THE NUMBERS

July 1, 2015 – June 30, 2016

A Year of Big Data



Hours given
by volunteers



Volunteers available as
weekly peer-group
facilitators



Children, teens, and adults
who helped one another
through peer support



Institutions receiving
grief support education and
training or crisis support



Individuals connecting with
the Center online, seeing
grief-related resources



Number of facilitator
trainings in Sanford
and Portland



Callers who received
immediate grief support,
information and referrals



Individuals benefiting from
grief support education and
training or crisis support

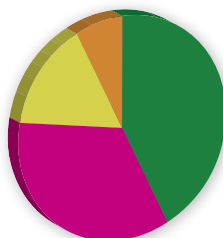


Number of donations
made to support
the Center's work



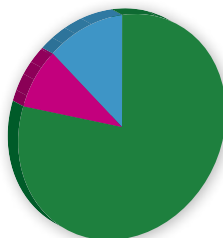
Amount the Center
charged families to receive
the support they needed

Financial Statistics



Revenue by Source

- Individuals: 43%
- Events: 35%
- Grants: 15%
- Other: 7%



Expense Allocation

- Program Services: 80%
- General Fundraising: 8.6%
- Management and General: 11.4%

Revenue

- Revenue from Services*: \$0
- Contributions, Grants, Events, Community Support: \$903,847
- Investment Gain: \$1,214
- **Total Revenues: \$905,061**

Expenses

- Program Services: \$681,850
- Management and General: \$97,007
- Fundraising: \$73,750
- **Total Expenses: \$852,608**
- **Unrestricted Margin: \$52,453**

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

From the 2014-2015 Fiscal Year

Audited financials from the 2015-2016 Fiscal Year will be available in December.

“ It is with great pride that WEX continues our support of the Center for Grieving Children, which makes such a significant impact in the lives of families in need. Core to WEX’s values is commitment to our employees and their families, and to our community. We believe strongly in the good that the Center does for so many and we are pleased to enable these critical services.”

– Melissa Smith, CEO, WEX, Inc.

Community Outreach and Education

High quality training, information, and resources to help caring adults support grieving children and teens in the places where they live, learn, and play.

- We visited 130 places including schools, businesses, agencies, and daycares across Southern Maine this year.
- We trained staff and volunteers at Woodfords Family Services in the peer support model so that they could start their own peer support groups for foster families.
- The Concord New Hampshire School District contracted with us to provide training and consultation to replicate the Intercultural Peer Support Program in their community.
- New this year, the Center Connection e-newsletter went to schools across Southern Maine offering tips, resources, and information to help schools be more grief friendly.

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Peer Support

Facilitated, age-appropriate peer support groups for those who experience the serious illness or death of a loved one:

Bereavement, for children, teens, and their families. Additional groups for young adults, bereaved parents, and young widows, widowers, and partners.

Tender Living Care, from the point of diagnosis, for families who have children and teens and are living with the serious illness of a family member.

Intercultural Peer Support, serving students resettled in Maine from countries that have experienced war, violent conflict, and natural disaster.

Additional Services

Phone Support

Calls are answered by trained staff who answer questions and provide support and referrals.

Resources

Helpful articles can be found on our website and books are available through our online lending library.

Training and Consultation

Custom designed for schools, groups, agencies, and businesses looking to better support grieving children.

Crisis Outreach

Support within schools or workplaces during a grief-related crisis.

“When I first came to the Center it didn’t take me long to start liking it because everybody’s so friendly and nice. You listen to everybody and share personal things if you want to, and nobody judges you.”

– Annah, who received Center services

PEOPLE

Volunteers

Facilitators

Sanaa Abduljabar
Lynn Abood
Danielle Alexander
Racha Altesini
Rebecca Anderson
Donna Andrews
Laurie Armstrong
Peter Arndt
Paul Attardo
Brianna Babick
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“The loss is the foundation of the group; from this foundation blooms friendship and support. Helping others is part of the healing.”

– Mary, who received services in Sanford

PHILANTHROPIC SUPPORT

ANNUAL FUND

Individuals

\$10,000

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The Dorothy Suzi Osher Foundation Trust

\$5,000 - \$9,999

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Heather Walker
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\$10,000+

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\$5,000 - \$9,999

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Diversified Communications
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United Way of Greater Portland

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Maureen Keeley
Adam McGoon
Brian Morin
Danielle Porter
Stephen Purcell
Amanda Rand
Patricia Rosi Santucci
Kelly Shutoff
Melissa Smith
Andy Sullivan
Rebekah Thomas
Ed and Megan Tumavicus
Grace Tumavicus
Lucy Tumavicus
Peter Stoops and Kate Wilkinson
Sam Zager

Major Inkind Support

Comfort Systems USA
Lee Chick and Lisa Letourneau
Charles De Sieres and Carol Ward
Mike and Sarah Del Tergo
Headlight Audio Visual
Jim Bradley Jeweler
Robert and Jennifer Kaplus
Lowes Home Improvement
Maine Huts and Trails
Maine Magazine
Miyake
Eva Morrill
Lee and Cindy Williams Nelson
Opus Consulting Group
Pine State Trading Company
Portland Sea Dogs
Seabreeze Property Services

Andrew and Ann Stickney
Thompson's Point
Transformit
Clifford Trott and Michael Nozdrovicky
John and Wendy Zarella

In Memory and Honor

In memory of:

Mike Allen
Jan Arsenault
Harland Banks
Sean Beaudet
Lindsay Berghuis
Hope Bolster
Kelli Ann Borduas
Melissa Jane and Mike Bourque
Christopher Bramblett
Todd Carlton
Joan Caron
Andre Casavant
Sean Casey
Yoni Chung
Mike Churchill
Marian Ciampa
Evie Cianchette
Gregory Collins, MD
Denise Connors
Susan Conroy
Katherine Cousins
James and Lola Crawford
Sloan Critchfield
Michael Crowley
Joshua Lee Danforth
McKenna Dempsy
Yvette Deziel
Anne Charlotte Doiron
John, Sue, and Jimmy Drown
Roni Duff
Fred Durst
Drew Eagleson
Milton Emerson
Isaiah Fajardo
Edith Farnum
Alfred and Agnes Figliola
Margaret Lee Giles
Michael Gilligan
John F. Glynn, Jr.
Paul Gray
Bruce Grimaldi
William J. Hannigan, III
Paul Hansen
Bill Harris
Bill Hemmens
Ann and Dan Henry
Amy Hewitt
Brendan Hickey
Jamie Higgins
Amy Hill
Ruth Hiltz
Dean Hoehle
Mary Hogan
Timothy Holland
Shane Howe
Matthew Hutchins
Lee Hutchins
Raymond P. Jones
Gregory Jones
Eric, Carol and Sven Jorgensen
Allison Kimball
Stephanie Knights-Freedom
Connie Korda
Brian Kumm
Benjamin Lamontagne
Susan C. Laughlin
Bruce Lerch
David Loeser
Megan Maietta
Mary McDermott
Michael McKenna
Sheila McNabb
Eileen Minte
Louis Morelli
Brent Muehle
Stephanie Mull
Andrew Niehaus
Lisa Novick
Shalene Osgood
Stephen Pallotta
John Pepe
Chad Perley
Jeff Picher
Aaron P. Pratt, M.D.
David Provost
Marguerite Racette
Devin Remme
Zach Smith
Jean Kersiman Smith
Lyn Sobolewski
Kristin Spitzinger
Katie Stanhope
Peter Stickney
Eddie Szalajeski
Arick Tarr
Jennifer Tarr
Mark Thibeault
Joan Thompson
and Allyson Connor
Amy Tumavicus
Dana Vamvakias
David Veilleux
Robert and Vera Warner
Scott Weymouth
Elias Wezowicz
Sarah Wright

In honor of:

Molly Anderson
Ella Anderson-Whelan
Michael Balsam
Allison Beck
A Bennett
Christine Bennett
Rowan, Liam and Faye Collins
Lesley Craig
Mark Curdo
Dr. Rajiv Desai
Megan Dewalt
Andrea Krosky Gavin
Chelsy Gilroy
Kevin Browne and Tina Grover
Catherine Haas
Maura and Ian Hardoin
Flavin
Stephen Hart
Deborah Henry
Katherine Hogan
John Holland
Peg Hughes
Tracy Keegan
Paul and Janet Letalien
Jan and Steve Litchfield
Joe Lombardo-Wilkins
Dr. and Mrs. Joseph Long
Lynnda Tibbetts Macisso
Steve Maxcy
Fletcher McCarthy
Duncan and Mary-Lou Molloy
Jeff and Kate Moore
Karen Moran
Allyson Olson
Maria Peverada
Portland High Math Team
Lois Pratt
Steve Putnam
Mark and Amanda Rand
David Robinson
Kent Scarponi
Kimberly Simard
Barney Skolnik
Judi Slotsky
Melissa Smith
Patricia Stone
Matt Swift
Thursday Night Tribe
Julie Tselikis
Tuesday Night Middles
Ed Tumavicus
Kristen Vaillancourt
Patrick Veroneau
Sara Viola
Kristine Watson
Monica Wood

EVENTS



TD BEACH TO BEACON:

All 25 FundRacers broke their goals as they ran for the Center at the 2015 TD Beach to Beacon. One FundRacer ran because, “the Center was critical support for us after my wife’s death – we would not be where we are today without the help of the Center.”



SWING “FORE” THE CENTER:

The 50/50 Vegas Hole spiced up our 2015 Swing “Fore” the Center: Paul Gray Memorial Golf Tournament at the Purpoodock Club. A sold-out field of 32 teams were challenged to put together their best poker hand. The day ended with a happy surprise: the pot was generously donated back to the Center.



WCYY MARKATHON:

Visits from local musicians, Center families and volunteers, Bob Marley, and local business owners made the 102 hours of Markathon fly by as Mark Curdo played everything from Adele to Led Zeppelin! This year Mark was honored with the rarely given Bill Hemmens Award for eight years of support for the Center.



LOVE REALLY COUNTS:

Over 600 guests, including Patricia Rosi Santucci and Kim Simard (pictured here), came out for the annual Auction & Dinner Gala, raising an incredible amount. Our mission speaker and board president Amanda Rand shared her personal grief journey, bringing home the importance of the Center’s mission.



COMMUNITY EVENTS:

We are grateful to all of you who organized events to raise funds and awareness! Among them were the Unum-employee-led Annual Legends Memorial Classic, a CrossFit tournament, and Elizabeth Peavey’s performance of *My Mother’s Clothes are not My Mother*, hosted by H.M. Payson.

PROGRAMS

RESOURCES:

"It's been an amazing experience to go through the hundreds of books and really see what is now available to our community." – Helen Loneygan, office volunteer

This year, 24,868 people accessed our website and 2,343 checked out our **Resources page**, where articles, activities, and our online library are available. The support of Gorham Savings Bank and amazing volunteers like Helen has made this possible!

A Family's Journey: A handbook for living with illness and finding hope, an important book in our library that was created by the **Tender Living Care Program**, is now on its third printing. "Every page is dog eared. It is amazing and has been well read for the past two years. What a gift it has been to the whole family."

FAMILIES TOGETHER:

From Family Nights, where families created art projects together, to family days at York's Wild Kingdom and the Portland Sea Dogs, group participants came together as a community and had some fun!

COMMUNITY CONVERSATION:

Hosted by the **Intercultural Advisory Council**, the second Community Conversation – Education in a Global Community – explored educational challenges and opportunities faced by new American families. Parents, students, teachers, Portland's mayor and school superintendent, and others gave voice to their experiences. Their ideas will be shared with Portland Public Schools. "On the Intercultural Advisory Council, we hear the voices of the children and how they feel about what's going on at school, at home, or just in the world. We come up with ways to make them feel more comfortable outside of the Center." –*Intercultural Advisory Council member*

SOUTHERN MAINE:

Services at our Sanford location grew by 30%, serving over 90 individuals. Sanford participants created a book that will help new families understand what the Center is all about. The **York County Steering Committee** worked hard to raise awareness of our services across Southern Maine.

HEROES OF THE KINGDOM:

Children's author, Anne Sibley O'Brien, collaborated with Riverton Elementary School students in the **Intercultural Program** to write a book called *Tales of the Heros of the Kingdom*. The tales capture how storytelling can help make sense of the world and showed that kindness and working together can help to restore hope.

OVERDOSE LOSS SUPPORT:

In response to the growing number of deaths due to overdoses, we piloted a short-term **Overdose Support Group**. A participant said that being around people who had gone through the same thing helped them "feel ok talking about how I was feeling."



VOLUNTEERS



Bernstein Shur volunteers helped organize the basement.



IDEXX volunteers set up the Holiday Shop.



United Way Day of Caring volunteers in Portland from Anthem Blue Cross Blue Shield, TD Bank, and L.L. Bean.



United Way Day of Caring volunteers in Sanford.



Katie Fisher
Bereavement
Facilitator,
Sanford

"I volunteer at the Center because I wish I had the Center fourteen years ago when our family of six suddenly became a family of five. I am humbled by the strength and courage of our families."



Paul Attardo
Bereavement
Team Coordinator,
Portland

"I believe as facilitators that we help children give voice to the grief they are experiencing."



Marina Stam
Office and Events
Volunteer

"From the moment I walked through the Center doors, I knew it was a special place. I left feeling energized and couldn't wait to return and volunteer more. I have learned so much about community, resilience, and perseverance here."



Pat Stone
Tender Living Care
Team Coordinator,
Portland

"Volunteering at the Center is an integral piece of my life. A bond is created when deep listening occurs and hearts are connected. Volunteering supports me in my journey, and helps me attain goals of listening, feeling, and living a meaning-filled life."

Mark your calendar for March 3, 2017!
The "Love Really Counts" Annual Gala and Auction
will celebrate our 30th Anniversary in a big way. You
don't want to miss it! Sponsor, donate, volunteer, or
buy a ticket! #lovegala

30 Years of service, leadership, and innovation

The third children's grief support program in the country, in 1987 The Center began serving four families in a borrowed space with the help of 12 volunteers. Today, we still rely on our proven volunteer-led, peer support model to provide high quality support to families, and our services are still free of charge.

Our vision is that all children and families in Southern Maine will know about the Center's services and recognize the Center as a partner in supporting grieving children, teens, adults, and families, so that no child has to grieve alone.



Bill Hemmens Legacy Society - Leave your legacy of hope

Ensure that the Center is here to meet children's and families' need for grief support far into the future.

The Society is named in honor of Bill Hemmens, who founded the Center following the death of his sister. In trying to find help for his niece Erin, Bill recognized that children need peers and caring adults to support them through their grief.

There are many ways to make a gift that lasts. To learn more, please contact Lisa Morin, Director of Philanthropy, at 207.775.5216 ext. 104 or lisa@cgcmaine.org.

support. resilience. healing.

PLEASE JOIN US | CGCMAINE.ORG | 207.775.5216