

# Annual Report 2019



# From the Heart

OUR 2019 REPORT TO THE COMMUNITY





The Center enabled me to truly heal & make peace with my loss



FALL/WINTER 2019

## Resilience: belonging. support. hopefulness.

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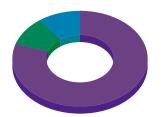
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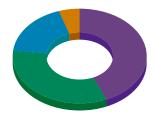
Christine Bennett, M.D. Gail Cinelli Kathy Crispin Joe Delois Michael Dubyak Shawna Ohm Gary Robinson Abdimajid Sharif Andy Stickney Will Stiles Jacob Watson



**EXPENSE ALLOCATIONS** Program Services: 80% General Fundraising: 10% Management and General: 10%

#### EXPENSES

Program Services: \$893,425 Management and General: \$117,293 Fundraising: \$102,261 Total Expenses: \$1,112,979



REVENUE BY SOURCE Individuals: 43% Events: 33% Grants: 18% Other: 5%

#### REVENUE

**FINANCIAL STATISTICS** 

Revenue from Services\*: **\$0** Contributions, Grants, Events, & Community Support: **\$1,035,120** Investment Gain: **\$4,315** Total Revenues: **\$1,039,435** 





#### STAFF

Anne Heros, **Executive Director** Sara Asch Mary Bristol Sue Calhoun Deqa Dhalac Lisa Morin Lucy Norvell Patty O'Brien Beth Quinlan Marie Sheffield Diana Stark Emma Walker Florence Young Janice Zurlo



#### welcome

#### **OUR MISSION**

Offering our services for free, 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. The Center for Grieving Children is a 501 (c) 3 organization.

#### **Dear Friends:**

This has been another year of growth for the Center! When Bill Hemmens, a stockbroker grieving the death of his sister, founded the Center for Grieving Children in 1987, he was responding to the unique needs of his grieving niece and of Portland's grieving children and families. As the third children's grief center in the US, we are still responding to the specific needs that children and their families bring and we do it using the Family Model of peer support. Our model includes the entire family in age-related peer support groups rather than supporting the individual child in isolation. With a geographic reach supporting Southern Maine, the Center's three primary peer support programs: Bereavement, TLC – Tender Living Care, and Intercultural served a record 480 children and 263 of their family members between July of 2018 and June of 2019.

I'm often asked what brings people to the Center for peer support. Cancer is the leading reason. Accidents, Suicide, and Overdose-related deaths together are the second leading reason. And, the third major reason is Heart Disease. Last year in response to family need, we added a second peer support group especially for bereaved parents whose children's deaths were overdose-related. More than 150 therapists, community members, and nonprofit professionals attended our annual Bereavement Educational Conference: Supporting Bereaved Families Impacted by Suicide or Overdose-Related Death last spring in Kittery, where Pamela Gabbay, a nationally-recognized expert gave the keynote address.

We count ourselves among the nonprofits focusing on the needs of children facing Adverse Childhood Experiences (ACEs). Children experiencing serious illness or death of a parent or caregiver are impacted by these Adverse Childhood Experiences. Compelling research shows that ACEs negatively impact brain development and reducing that impact can provide important healing. That is the foundation of our work creating healing communities to support children who are facing the serious illness or death of a loved one and those children and teens who have resettled in Maine from countries that have experienced war, violent conflict, and natural disaster.

I am thrilled to report that our Intercultural Peer Support Program, now with more than two decades of experience serving a very special population, was honored by the Maine Education Association in May with their Human and Civil Rights Award "for contributing to school success by helping children build coping skills." Contributing to life success by helping children build coping skills is something that all our programs do so well-Intercultural, TLC, and Bereavement. This report includes quotes and photos from families and facilitators that provide a glimpse into how deeply grateful our families are and how profoundly gratifying it is to hold space for grieving children and families for our volunteer facilitators.

Volunteers perform the primary work of the Center. Without their significant donation of 29,466 hours last year, we could not provide support to children, families, and the community in the ways we do. The Center's board officers and members, facilitators, and event and office volunteers display amazing dedication. Generous individual donors support us, as do foundations, and corporate sponsors. The United Ways of Portland and York County provide grants while United Way designated donors locally and across the state and region also make generous individual gifts.

Thank you for being part of the Center community-for connecting with us to change the lives of Southern Maine's grieving children and families. We help build resilience by creating a healing community that fosters belonging, hopefulness and support. Whether you are an event participant, a donor, a sponsor or funder, or a volunteer, I am immensely grateful for the connection we share. These are the many and diverse connections that help keep our programs and services available at no cost for as long as children and families need them.

Warmly,



- Anne Heros Executive Director

## Volunteers

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My mom passed away when I was seventeen. Another student in my school reached out about the Center. Mom had cancer three times; I knew the Center's TLC program helped her. Midway through my Junior year, I had an Initial Family Meeting at the Center and became part of a Bereavement teen group.

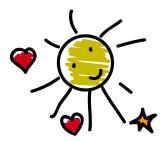
Even to this day, I have a special place in my heart for the other participants. I still have the art projects and stories and pictures in the garden. I speak freely about loss because I had a safety net and support.

In the years following my mother's death, when I went through other transitions, the Center and people there were the only constants in my life. I could feel heard and understood. Teens in my group decided to leave the Center to go off to college.

A year and a half after leaving the Teen Group, I decided to come back to the Center. I wanted the closeness and a place to feel and honor my grief. "You can always come back; the Center will always be here." The vulnerability you're allowed to have at the Center doesn't exist anywhere else. I want to share that with others.

Being connected to the Center gives me a very big feeling of purpose and impact. The Center has given to me, and I've given to others, an understanding of the boundaries people need for grief.

- Lani Geistwalker Adult Group Facilitator, former Teen and Young Adult Group Participant





## hearts with ears



Tim Griffin has a magnetic personality! He is warm and kind and so gentle; people are really just drawn to him. In fact, on his last night of service in Tender Living Care, Tim was enveloped by ALL the TLC kids in a spontaneous group hug at the end of closing circle. It was like a "Tim mountain." We will miss hearing his hearty chuckle and watching his big heart light up the room on Monday nights. All the best to you, Tim!

**Tim Griffin** TLC Facilitator



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The children in the Intercultural Program have experienced grief and trauma that I have not. To work with them is a privilege. They are members of our community's future leadership group and I wish to help, in any way possible, ensure them a brighter future than past. I have been deeply touched by the acts of compassion and understanding I've seen the children show for each other. Their displays of kindness and friendship give me great hope for our collective future.





- Linda Card Intercultural Program facilitator, and long-time member of the Junior League of Portland, which supported the work of Bill Hemmens in founding the Center.

## **Tender Living Care Program**

Helping children, teens, young adults, parents, and caregivers through the changes that come with a family member's diagnosis of serious illness. Support is available from the point of diagnosis and at every step along their journey with the illness.



My mother, Kathy Bojarczuk worked with Bill Hemmens as a member of the first board of directors of the Center.

I have always thought so highly of the Center, but now even more so. You run a wonderful program. Thank you for all that you do. I know Bill Hemmens would be so proud and grateful for what the Center has become and how it has helped so many people."

The Center gave Amara a place to not feel all alone. We had a great connection with TLC.

This has been such a helpful experience for us. It has helped Amara with her confidence, with opening up and sharing her feelings, with making new friends, really in so many ways. She felt she fit in and felt encouraged to talk about her feelings.

Departing the Center, Amara leaves with emotional growth and many other amazing gifts--one of those is a friendship.

## The Center gave Amara a place to not feel all alone.

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- Sallie Rich

When Sallie's mother got sick, they reached out to the Center. Her mother moved in with Amara and her before she died. Amara's experience with her grandmother had been confusing because cancer affected her brain.



## Bereavement

Providing grief support for children, teens, their parents and caregivers, young adults, bereaved parents, and widows/widowers/partners.



I was in an adult group. It was the best thing I could have done at a time when it's easy to feel like the only one going through grief.

The boys were all in groups–separate groups. Our family looked forward to coming to the Center every week. My youngest son, Andrew, is the only one still in a teen group. He so wants to stay connected, he's rearranging his schedule so he can still come to the Center.

When you are parenting alone and grieving too, it's a lot. Just being at the Center for one hour a week helped. The second we come into the parking lot, it's a huge relief-an hour not to worry...the children getting what they need while I get what I need."

After coming to the Center, I see that they are able to be more supportive of each other, more sensitive to each other, and more understanding of people. Thanks to the Center, my kids now stand with their arms around each other, showing affection and support for each other. One of my sons shared a birthday message with his brother, **"Mom and Dad told us we'd be best friends someday. We've reached that day."** 

- Heidi Paulette

On the nights that Andrew comes for his teen peer support group, Dylan and Jacob and their mother come along. The family goes to dinner beforehand and the rest of the family waits for their brother while he attends his group.

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## **Intercultural Program**

Creating healing communities for children and teens resettled in Maine from countries that have experienced war, violent conflict, and natural disaster.

At 22 years old, this program is the oldest of its kind in the U.S. Last year, the Intercultural Program served children four afternoons a week.

## creating healing communities

Hove the Center



We served many students across four different schools this past academic year. Themes we heard consistently from the students included:

I can casily talk to un facilitators

> There were tears as we said our goodbyes to the students at the end of the academic year programming.

l feel safe here

I cannot wait for next

- Dega Dhalac Intercultural Program Manager

## Impact

Providing services and resources to both individuals and groups to help them support grieving children and teens in the places where they live, learn, and play.

#### CHILDHOOD BEREAVEMENT CONFERENCE – Kittery Community Center

Dr. Pamela Gabbay, co-founder of the Satori Group, a national education and consulting company providing training and consultation to the bereavement field and co-author of Understanding and Supporting Bereaved Children: A Practical Guide for Professionals.

The half-day conference offered additional learning sessions on:

- Using art activities and other interventions to foster post-traumatic growth in bereaved children and adolescents
- The scope of impact of suicide/overdose loss in communities
- Intercultural perspective of suicide and substance use issues and bereavement
- Supporting individuals, children, and families after suicide or overdose loss
- Self-care for caretakers

"I came in with very limited knowledge on today's conference, and now feel much more comfortable and feel like I will be able to help my students, their families, and other teachers! Thank you!"

#### RESOURCES

Family members can easily access resources on our website as a first step. These include: articles, activities, book suggestions, and links to websites that provide online grief support as well as a searchable database of Maine resources.

Center publications are also available online-including booklets for schools, parents, and caregivers on supporting grieving children and teens.

The Center uses social media to share timely and seasonal resources for grieving children and adults.

## in maine and beyond

#### **OUTREACH & EDUCATION**

2,782 individuals served 263 Adults, 480 children

Schools including general grief education, information, and school staff support: Biddeford High School Bowdoinham Community School Saco Middle School Sanford Junior High Portland Public Schools

- Riverton Elementary School
- Lyman Moore Middle School
- Lincoln Middle School
- Casco Bay High School
- Office of Multilingual and Multicultural

South Portland Middle School South Portland High School University of Southern Maine University of New England

In addition to schools, program staff provided information of Center's services and training to community nonprofits, providers, and businesses including:

- CIEE
- Maine Health
- Epilepsy Foundation of New England
- Shalom House
- New England Cancer Specialists
- Pratt & Whitney

#### PHONE AND EMAIL SUPPORT

Program staff responded individually to phone and email inquiries that include questions and concerns about how to support loved ones through grief and loss; they also provided referrals to other resources and support as needed. The average call time for individualized support is 22 minutes.

#### Total requests for Support & Information - 1,088







#### **TRAINING & CONSULTATION**

The Center provides Custom-designed training and consultation for schools, groups, agencies, and businesses who are looking to better support grieving children and adults and to understand peer support programming.

#### SCHOOL & OUTREACH SUPPORT

Members of the Program Staff are able to customize support for schools when a student, staff member, or community member has died.

## **Events**

Celebrating and supporting our work. Thank you to all of our community members and Sponsors who celebrated with us this year and whose continued support makes our work possible.



#### **BEACH TO BEACON**

Fort Williams, Cape Elizabeth, Maine 25 "Fundracers" made the 2018 TDBank Beach to Beacon 10K a success for the Center. A phenomenal combination of current and former board members, long-time and current facilitators and families, and special supporters of the Center represented us.

## LOVE REALLY COUNTS

Brick South on Thompson's Point, Portland, Maine During our second year at Brick South on Thompson's Point, nearly 700 guests celebrated the Center's successes. Mission speakers Sam and Tracy Zager shared their story about the impact of the TLC program on their family after Tracy's cancer diagnosis.







### celebrating and supporting our work



#### **MIDSUMMER NIGHT'S SOIREE**

MIDSUMMER NIGHT'S SOIREE - Vinegar Hill Music Theatre, Arundel, Maine Acclaimed songwriter, award-winning performer, thoughtful storyteller, and friend to countless organizations...including the Center, the Don Campbell Band delighted our gathered guests at this important Southern Maine fundraiser.

#### SWING "FORE" THE CENTER

Purpoodock Golf Course, Cape Elizabeth, Maine At our 16th Paul Gray Memorial Golf Tournament, golf teams enjoyed a stunning October day. Bill Kany hit a Hole in One in the Contest sponsored by Yankee Ford!





#### WCYY MARKATHON

WCYY Studio, Portland, Maine Mark Curdo, former radio host at WCYY and General Manager of Aura, was back in the studio for the longest Markathon in history to raise funds for the Center by spinning sensational song requests, sharing on-air Center stories, and inspiring generous donations from Sponsors.

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