



## **INFORMATION & GUIDELINES FOR YOUNG ADULTS**

### **Welcome!**

1. **Calm Waters** is a support center for children and families whose lives have been affected by death or divorce. Our mission is to teach healthy coping skills to children, young adults and families, and provide a secure environment where they can safely express feelings of grief and loss, thus facilitating the process of healing. **Calm Waters** is:
  - A safe harbor in a storm
  - A place to share with others who are also experiencing loss
  - A place of understanding and growth
  - A place to begin rebuilding
2. **Calm Waters** is of the belief that every child, young adult and family member deserves the opportunity to grieve in a supportive and understanding environment. Our society often fails to understand the needs of someone who is separated from a loved one. Based on these beliefs, the principles of **Calm Waters** are:
  - Grief is the natural reaction to the loss of a loved one
  - Within each individual is the capacity to heal one-self
  - The duration and intensity of grief are unique for each individual
  - Caring and acceptance is an important part of the healing process
3. **Calm Waters** addresses issues directly related to death, divorce and other loss causing life disruption. Topics are presented in age-appropriate ways.
4. You will share your own experiences and feelings. Trained volunteers will facilitate your group. **Calm Waters** facilitators support and encourage by providing information about grief and how you can help yourself through this painful process.
  - A. Other Resources.  
The **Calm Waters** staff has an available list of counselors and other therapists in the area.
  - B. Emergency Services  
**Calm Waters** staff can assist you in finding any emergency services that you may need in a time of crisis.  
**Please don't hesitate to contact us whenever you need referral information**

What is spoken in group time, or with staff, is confidential. Confidentiality is an important obligation for **Calm Waters** staff, facilitators and group participants to honor. The policy of confidentiality concerning the private information of your lives is strictly maintained except in cases of:

**EXCEPTION 1:** *Suicidal expression*

**EXCEPTION 2:** *Physical, mental, sexual abuse*

**EXCEPTION 3:** *If we have reason to be concerned about the drug and alcohol use/abuse by a child, we reserve the right to inform the parent.*

**EXCEPTION 4:** *If the court subpoenas information, we will attempt to contact you about this order. If you oppose the release, a court may nevertheless require compliance with the order.*

**EXCEPTION 5:** *If we learn that someone participating at Calm Waters might commit an act of violence, or a child or adult is being abused, we may take steps to protect the intended victim against such danger or to inform the police or both.*

5. Calm Waters views drug and alcohol abuse as counter-productive to the expression of grief, and believes that these issues need to be addressed professionally before grief work can proceed.
6. Because of the importance of group continuity, and out of consideration for people on the waiting list, we ask that if you miss more than two sessions in a row without notification, you return to the waiting list. It is the responsibility of the participant to notify Calm Waters if they are unable to attend their group session.
7. In order to maintain the confidentiality and integrity of the groups, we ask that you not bring additional family members or friends to the group.
8. We want to learn from you. We hope that you will give us your feedback and ideas about Calm Waters' programs. Please help us build this program for you and future young adults families.

These guidelines create an atmosphere of safety. We hope that you will feel supported by Calm Waters and that your group experience will be an important step toward healing and rebuilding.