



CALM WATERS
Center for Children and Families

Make a Donation by June 30 to Help 150 Grieving Children



I recently had the privilege of spending time with one of our Calm Waters families - Emily and her two beautiful young daughters, Ava (10) and Madeline (3), just months after the death of her husband.

With tears in her eyes, she told me about his sudden death and how painful it has been for her to get through each day, much less be there to comfort her children. As a mother of three children myself, I can't even imagine anything more heart-wrenching than for my son and daughters to suddenly lose their own father or for me to lose my partner in life. Sadly, this is a

reality for 1 out of every 11 children in Oklahoma who will lose a parent or sibling each year, according to a nationwide study by Judi's House |JAG Institute.

Make a Calm Waters Donation

Emily explained how lonely her grief was, but also how grateful she is for the community of hope at Calm Waters.

“Grief is VERY lonely. You don't feel like you have anyone else to talk to about the death of your children's father. At Calm Waters, you meet other people who are on the same journey. It's nice to know you're not alone.”



I'm incredibly grateful for supporters like you who have made it possible for thousands of families like Emily's to attend Calm Waters grief support groups for FREE. **Because of you**, over 4,400 children and their families have a safe, comforting place to go after the loss of someone they love.

Support Calm Waters!

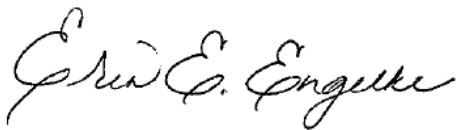
Today, we're asking our friends and supporters to help us **raise \$5,000 before the end of the fiscal year on June 30**. Our goal is to serve 150 children, just like Ava and Madeline, through our **FREE grief and divorce support groups**. Even though we help thousands of children and families every year, there are thousands more that we can't help because we don't have the resources to do so. In fact, just last week alone, we responded to **hundreds of calls** from families, desperate for grief support following the death of a loved one.

Will you please help us reach our goal with a donation of \$100 or more before June 30?

We simply can't do it without you. Your support will help us provide a place of healing, hope and support to children and families who have suffered heart-breaking losses right here in your community.

Please, click here to make your donation now! Thank you so much for your continued support and friendship.

Warmly,



Erin E. Engelke
Executive Director
Calm Waters

P.S. A gift of \$100 or more by June 30 will allow us to offer healing and hope to three children who have experienced a traumatic loss. Please help us by giving today!

Give Today

P.S.S. Hear more from Emily and another Calm Waters member, Cheneah, in our newest video:



Calm Waters Center for Children and Families | 405-841-4800 | Calmwaters.org

Let's be friends!



[Questions or Feedback? We'd love to hear from you, contact us today!](#)

