

August 2018



**CALM WATERS**

Center for Children and Families

## Welcome Erin Engelke Calm Waters' New Executive Director

### *Dear Calm Waters Supporter,*

Following on the heels of strong leadership before me, I am thrilled to join the Calm Waters family as the new Executive Director. I am a mother of seven children, four of whom I never had the chance to hold, which is why the mission of Calm Waters is so powerful to me. I've experienced grief in my life, just as everyone will at some point in their lives. I withdrew from those closest to me in an attempt to grapple with my losses. I felt alone and desperate. Had I known about Calm Waters and their free support groups, I know I would have healed, emotionally, more quickly and been able to grieve the loss of my babies.

*That's what Calm Waters does – we wrap children and parents with support, helping them realize they are not alone in their grief journey and providing programs and services unique to grief because of a death, divorce or other significant loss.*

**Thank YOU** for supporting Calm Waters, for ensuring children, parents and families receive the help they desperately need.

As we wind down our summer, **I hope you will consider supporting Calm Waters with a gift of \$100 or more.** Over the last year, Calm Waters has served nearly 3,500 children and their families across Central Oklahoma after a death or divorce and helped students from 104 schools cope with significant losses because of death, divorce, incarceration, deployment, deportation, foster care or adoption. **All of them received this help for FREE.** Please help us continue to provide a place of healing, hope and support to children and families in your community.

*Warmly,*

A handwritten signature in black ink that reads "Erin Engelke". The signature is written in a cursive, flowing style.



Erin Engelke  
Executive Director

P.S. A gift of \$100 or more by September 15 will allow us to offer healing and hope to four more children and their families who have experienced a traumatic loss. Please help us by giving today!

Donate Now!

1 in 11 children in **Oklahoma**



will experience the death of a parent or sibling by age 18  
According to the Centers for Disease Control and Prevention

Did you know that 1 in 11 people in Oklahoma will experience a loss by age 18?

Calm Waters is here to help providing FREE divorce and grief support groups to children and families

Grief Group Registration Form

Divorce Group Registration Form

**August 30th was National Grief Awareness Day** which reminds us that grief comes in many forms and everyone's journey is unique to them. Whether a loss occurs because of a death, divorce, incarceration, deportation or deployment, the grief journey can be a roller-coaster of emotions.

[To learn more about the grief journey, click here.](#)

Camp Courage Recap



What an amazing experience! Thank you to all of our donors and supporters who made Camp Courage possible.

We had **TWELVE** artists donate their time, materials and resources for three whole days.

We are grateful to each of you and hope you enjoy watching our Camp Courage video as much as we have. Click below to meet our campers!

[Click Here to View the 2018 Camp Courage Video](#)

Calm Waters Center for Children and Families | 405-841-4800 | [www.calmwaters.org](http://www.calmwaters.org)

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