



"There are still times of sadness and I have hard days but through
Calm Waters
I learned how to cope and work through my grief in a healthy way."

- Adam, Calm Waters Grief Group Participant

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Did you know one in 11 children in Oklahoma will experience the death of a parent or sibling by the age 18? Or that Oklahoma has the highest divorce rate in the country?

Donate
Now!

At Calm Waters Center for Children and Families, our mission is to help children and families in their grief journey caused by death, divorce or other significant loss.

Imagine being able to receive the help you need during one of the most difficult times of your life for **FREE**. That's what Calm Waters does. We believe in providing services to children and families at NO COST so they can begin their grief journey and gain the tools needed to cope, process and heal without adding additional stress to their situation.

[Click here to provide critical FREE Grief Support to Children & Families in our community today!](#)

Adam and Cora attended Calm Waters grief support group after losing Jennifer, Adam's wife and Cora's mother. At three-years-old, Cora didn't understand what it meant that her mommy had died.

When Cora was born, both Adam and Jennifer were elated. However, like 80% of all new mothers, Jennifer began experiencing symptoms of post-partum depression. Additionally, and unbeknownst to her and her family, Jennifer also had cancer. Tragically, Jennifer died just before Cora's 3rd birthday.

Adam enrolled Cora in Calm Waters' individual counseling program. "Cora's counselor not only helped her cope, but seeing Cora's progress helped me too," said Adam. After Cora completed her sessions of individual counseling, Adam registered them both for the free grief support groups held at Calm Waters.



“I learned I wasn’t the only one going through this phase of grief. Peace and calmness washed over me. It had been lacking after my wife’s death.”

Click here to help children like Cora currently grieving in Oklahoma City



Our wish for the New Year is to continue helping as many children and families in our community as possible. **YOU CAN HELP MAKE THIS WISH COME TRUE!**

A gift of \$100 allows a child to begin their grief journey through our center-based or school-based groups. Your gift will directly impact a grieving child and aid in their healing process.

Your passion and generosity will help make 2019 an astounding year! **THANK YOU** for supporting Calm Waters Center for Children and Families. **YOU TRULY MAKE A DIFFERENCE!**

With gratitude,

Erin Engelke
Executive Director

Donate Now!

Your support makes

a big difference



\$50 begins support
for 2 children

\$100 supports one child
through a School-Based Group



\$250 begins grief or
divorce support for
one family

\$1,000 allows 10
children to attend
a School-Based
Group



\$2,500 provides
ongoing grief
support for one
family

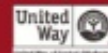


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for \$84 a month or \$1,000 per
year to receive exclusive
communications from the
Executive Director, special
recognition on the website
and a beautiful lapel pin.



CALM WATERS
Center for Children and Families
Greater Giving Society

...helping children and families on their grief journey
caused by death, divorce or other significant loss



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