



## **Calm Waters Grief & Divorce/Separation Support Groups Begin Jan. 24, Welcoming Families Suffering from Grief After the Holidays**

**Oklahoma City, OK, December 2** - Calm Waters Center for Children and Families, the only grief center in Oklahoma offering free grief support services to children and families, is now accepting new registrations for their spring support group sessions beginning January 24. These [FREE support groups](#) are for children, teens and adults who have experienced a loss due to death, divorce or separation and are offered every other week at Calm Waters Center located at 501 N. Walker, Suite 140 in Oklahoma City.

Each support group includes up to ten individuals, segmented by developmental age for children or by type of loss for adult participants. All sessions are led by highly-trained Calm Waters support group facilitators.

“At Calm Waters, our support groups provide a safe space for individuals to find a community of support during their grief journey, recognize they are not alone, and learn healthy ways to cope with their loss,” said Erin Engelke, Calm Waters’ Executive Director.

Calm Waters grief and divorce support groups are especially beneficial for those whose mental health suffered during the holiday season due to feelings of grief and loss. Families that have gone through a grief journey because of a death, divorce, deployment, deportation, incarceration or foster/adoptive care challenges are at risk of suffering emotionally and mentally due to the heightened awareness of their loss during family-centered holidays.

“Families who have experienced a loss this past year may feel more distant and isolated, alone in their grief and uncertain of how to approach the new year, especially after the holidays,” said Heather Warfield, LMFT, Calm Waters’ Program Director.

Calm Waters’ Grief support groups are offered every other Monday evening from 6:30 – 7:30 p.m. and Divorce/Separation support groups are offered every other Thursday evening from 6:30 – 7:30 p.m.

Calm Waters and its support groups have a need for Monday evening [volunteer](#) group facilitators. Free training is provided, the first opportunity of which will be January 18.

To learn more, register for Calm Waters support groups, or to volunteer, visit [Calmwaters.org](http://Calmwaters.org).

[Read this release online.](#)

### **About Calm Waters Center for Children and Families**

Calm Waters Center for Children and Families provides FREE grief support services for children and families on their grief journey caused by death, divorce or other significant loss. Since beginning in 1992, Calm Waters has served more than 50,000 individuals across the Greater OKC Metro Area through their Center and School Support Groups. For more information about Calm Waters and their services, visit [Calmwaters.org](http://Calmwaters.org) or call 405-841-4800. Calm Waters is a proud United Way of Central Oklahoma Partner Agency.

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