

## Calm Waters receives \$20,000 grant from Oklahoma City Community Foundation

**Oklahoma City, OK, March 8** – Calm Waters Center for Children and Families, the only grief center in central Oklahoma offering free grief support services to children and families, is pleased to announce it has received a \$20,000 grant from the Oklahoma City Community Foundation and its Access to Health Care iFund grant program. The grant will be used to provide scholarships for 145 hours of grief-focused counseling to 104 low-income children, individuals, and families who have suffered a traumatic loss, including death, divorce, deployment, deportation, incarceration, or child welfare separation.

“Requests for grief-focused, individualized counseling have sky-rocketed since COVID hit, but many clients cannot afford to pay for counseling,” said Erin Engelke, Calm Waters executive director. “More than half of our counseling clients are low-income and a quarter live in poverty. Because of this \$20,000 Oklahoma City Community Foundation grant, we will be able to help bereaved families who couldn’t otherwise afford critical mental health services.”

Calm Waters serves families wherever they are in their grief journey, but many clients need one-on-one counseling before they are ready to share their grief in a support group setting. Additionally, the family crises clients are experiencing often lead to residual financial hardships (loss of income, medical bills, court costs, funeral expenses, etc.), and they must prioritize basic financial needs over therapy.

Unfortunately, not everyone who needs counseling can afford counseling, even when Calm Waters provides services on a sliding scale. The OCCF grant will fund counseling scholarships for clients who have a need for therapeutic intervention and an inability to pay. Without scholarships, these clients would have no access to therapy.

**Photo Caption:** Future Calm Waters counseling clinic clients, similar to Trisha and her nephew, age 6, who are currently receiving grief services from Calm Waters, will directly benefit from OCCF’s generous grant support.

### **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.

### **About the Oklahoma City Community Foundation**

Founded in 1969, the Oklahoma City Community Foundation is a 501(c)(3) public charity that works with donors to create charitable funds that will benefit our community both now and in the future. An initiative of the Oklahoma City Community Foundation Trustees, the iFund grant program utilizes gifts from donors to support services for children and elderly, as well as provide access to health care. To learn more about the Oklahoma City Community Foundation, visit [www.occf.org](http://www.occf.org).

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