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Calmwaters.org
501(c)3 nonprofit organization
FEI: 73-1561707



OUR MISSION:
HELPING CHILDREN
AND FAMILIES IN THEIR
GRIEF JOURNEY
CAUSED BY DEATH,
DIVORCE OR OTHER
SIGNIFICANT LOSS.

MORE THAN 65,000
OKLAHOMA FAMILIES
SERVED SINCE 1992



calmwaters.org

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Amberly and Ethan,
grief group participants



CENTRAL OKLAHOMA'S
GRIEF SUPPORT CENTER

since 1992

About Us

Founded in 1992, Calm Waters Center for Children and Families is a nonprofit organization dedicated to helping children and families in their grief journey after a death, divorce or other significant loss. Calm Waters provides FREE support groups at our center and in schools, private grief counseling and consultation, co-parenting seminars and workplace crisis services.

Our research-based curriculum is designed to encourage you to share your experiences in a safe environment as you process grief and navigate feelings such as sadness, loneliness and anger.

Volunteering

Calm Waters support groups would not be possible without our volunteer facilitators. Volunteers must complete Calm Waters grief theory training and commit to a 6-month support group series (8 sessions total).



Learn more
by visiting
calmwaters.org

How to Give

As a 501(c)3 nonprofit organization, Calm Waters depends on financial support from grants, corporations, special events and individual donors.

\$35 provides free grief support for 1 child
\$150 provides free grief support for 1 family

Charlotte Lankard Giving Society:

- Individuals who give \$1,000+ annually
- Corporations who give \$5,000+ annually

Calm Waters Sailing Club:

- Donors with monthly gift of \$35+

DONATE TODAY AT CALMWATERS.ORG/GIVE



"CALM WATERS TAUGHT
ME TO SWIM IN A
SINK OR SWIM SITUATION."
- *Trisha*

Trisha and Zayden
grief support group
participants



Our Services

GRIEF SUPPORT GROUPS

Grief support groups for adults and children (ages 3+) meet 6:30 - 7:30 p.m. every other Monday, September to June. Children are grouped by developmental age. Adults are grouped by type of loss. Attendance is free with online registration.

Adult Support Groups:

- Death of a Loved One
- Death of a Partner
- Death of a Child
- Spanish-Speaking General Loss
- Miscarriage, Infertility and Stillbirth Loss
- Suicide Loss
- Traumatic Loss

DIVORCE SUPPORT GROUPS

Divorce support groups for adults and children (ages 3+) meet 6:30 - 7:30 p.m., every other Thursday, September to June. Attendance is free with online registration.

SUPPORT GROUPS IN SCHOOLS

Student Support Groups are available to schools for K-12 students dealing with death, divorce, deportation, foster/adoptive care, incarceration or deployment. Attendance is free with online registration.

COUNSELING CLINIC

Private grief counseling sessions for children, families and couples are available on a sliding scale. We accept most insurances as well as SoonerSelect. Private consultations are available as well.

additional services...

CO-PARENTING SEMINARS (\$55)

WORKPLACE CRISIS SERVICES