

CALM WATERS

Center for Children and Families

A Center for Children whose lives have been changed by death or divorce
Helping Children with Cope and Loss

Children who are hurting need hope

The emotional pain caused by loss can be almost unbearable for a child. If not resolved, grief can cause a young child or teen problems with school, friends and family, and in future relationships. Children go through a similar grief process as they adjust to living without one of their parents because of a divorce situation or other family disruption. Frequently people do not realize that even very young children suffer from the loss of a significant person. Grief can make a child's life unstable. Shock, disbelief, fear and deep sadness are *common* feelings.

Founded in 1992, Calm Waters has become a safe and supportive environment where children and teens, ages 3 to 19 years old, along with their caretakers, can work through their feelings to begin the healing process.

Grief & Divorce Support Groups

- A safe and nurturing environment for children (3-19 years old) and their families where healing begins to take place.
- Children meet in groups with others their own age e.g. 3-4, 5-7, 8-10, preteens and teens.
- Parents meet together to learn how to help themselves and their children.
- At least one parent or guardian must participate in their own group to have their children in group.
- There are 2 adult groups in each session so both parents may participate in separate groups.
- Groups are broken into two categories: Grief Support and Divorce Support. They meet for 1 ½ hours once a week for 8 weeks.
- Curriculum-based program
- There is NO CHARGE for the support groups for families.
- To enroll, please call 405-946-2264.

The mission of Calm Waters is to teach healthy coping skills to children and their families whose lives have been affected by a death or a divorce.

CALM WATERS
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