

2024 Annual Report



OUR ORGANIZATION

The Compassionate Grief Centre specializes in helping people deal with grief due to life losses. While we often think grief is related to the death of loved ones, we can also experience grief when we lose something important to us, such as a career, our health, a pet, relationships, our independence, a life we once knew, etc.

Generally, we are never ready for the losses that trigger grief. We struggle to cope, and we do better with support and care to help us work through our grief and adjust to our new norms. Without that, grief can lead to depression, substance abuse, addictions, suicidal thinking and a shortened life span.

Our experienced professional counsellors are licensed experts in grief and loss for adults, seniors, children and teens. They have specialized grief and loss training, as well as certifications and expertise in trauma, addictions, palliative care, cancer care, pregnancy and infant loss, child & youth psychosocial care, Medical Assistance in Dying (MAiD), suicide prevention, depression, anxiety, stress, and Cognitive Behavioral Therapy (CBT).

Our organization offers private counselling for adults, children and teens as well as Grief Groups, a Weekly Grief Café, educational webinars and non-medical cancer support services to help people cope with life's challenges that trigger grief and loss.

As a registered charity, we depend on donations, fundraising, grants and our social enterprises to fund our free programs and services. We are very grateful to our generous community who funds our work!



Compassionate Grief Centre
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Saint John, NB E2H 2Z8

(506) 696-0202

hello@compassionategriefcentre.ca

www.compassionategriefcentre.ca



OUR MISSION

We make life better for people dealing with illness, grief, loss and life's challenges.

OUR SERVICES

Adult Counselling

Child & Youth Counselling

**Living with Cancer Counselling
& Support Groups**

**Adults with Intellectual Disability
Counselling**

Grief Groups

Weekly Grief Cafe

**Educational Webinars and
Workshops**

Funeral Home Aftercare

*Help us make a
difference
in someone's life today!*





**Dr. Tamer Rizk, Board Chair
Pediatric Neurologist
Clinical Professor**



**Kelly Langille, Vice Chair
Retired Scotiabank
Branch Manager**

Board of Directors



**Matt Munro, CPA, CGA
CIRP, LIT, Treasurer and Advisor
for Bromwich & Smith**



**Jamie Godfrey, Business
Professional, CGC Founder
and Chief Executive Officer**



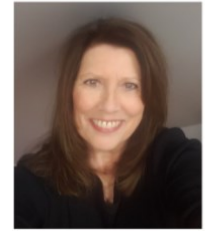
**Caley McNamara, BA, B.Ed,
MACP, Psy.D, Director and Owner of
KV Psychology**



**Ashley Zelward, BBA, CPA
Director and
Accountant at Whittaker &
Estabrooks**



**Dennis Hunt
Director and Radio
Professional & Musician**



**Sandy Maxwell, Retired RN,
Founder of Bobby's Hospice
and Chief Governance
Officer**

OUR COUNSELLING TEAM



**KAT PRESTI, MA
COUNSELLING
PSYCHOLOGY, LCT-C, CCC**



**OLGA SCIBIOR
MED. COUNSELLING
PSYCHOLOGY, LCT, CCPA**



**SHIRA ZIPURSKY
MSC, CCLS**



**RUTH ANNE DEVEREAUX
MSW, RSW, M.DIV**



**KELLY HUDSON-LEWIS
M.DIV**



**MATHIEU COURTIER
BSW, RSW**



**MELANIE RICHARDS
BSW, RSW**



**SHERRY WAGNER
MA COUNSELLING
PSYCHOLOGY, INTERN**

OUR SUPPORT TEAM



CHEYENNE CLARKE-COOK
ADMINISTRATIVE
COORDINATOR



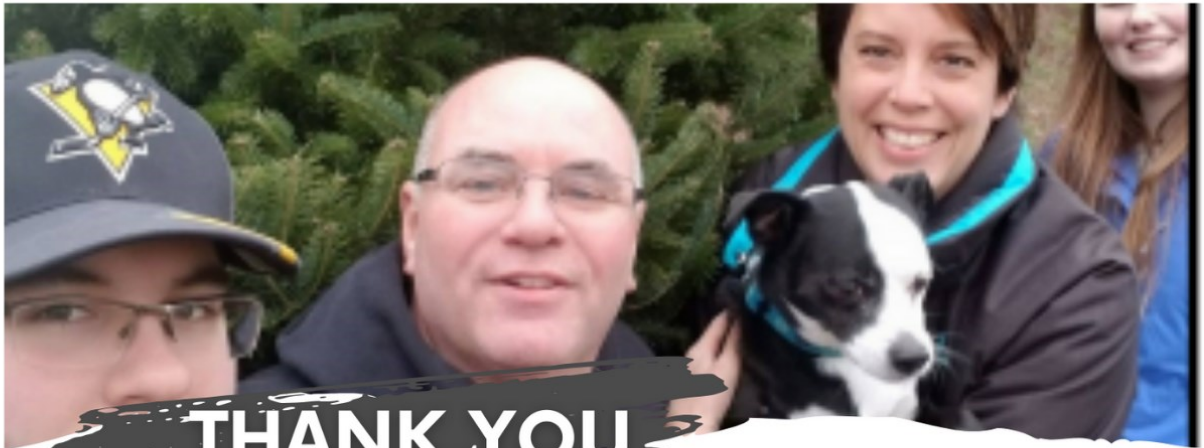
AUDREY LANGLAIS
FUND DEVELOPMENT
COORDINATOR



**ELIZABETH MURPHY
AND MARIA MURPHY**
GRANT ADMINISTRATORS



ERIC MCGRATH
ESTATE PLANNING
CONTRACTOR



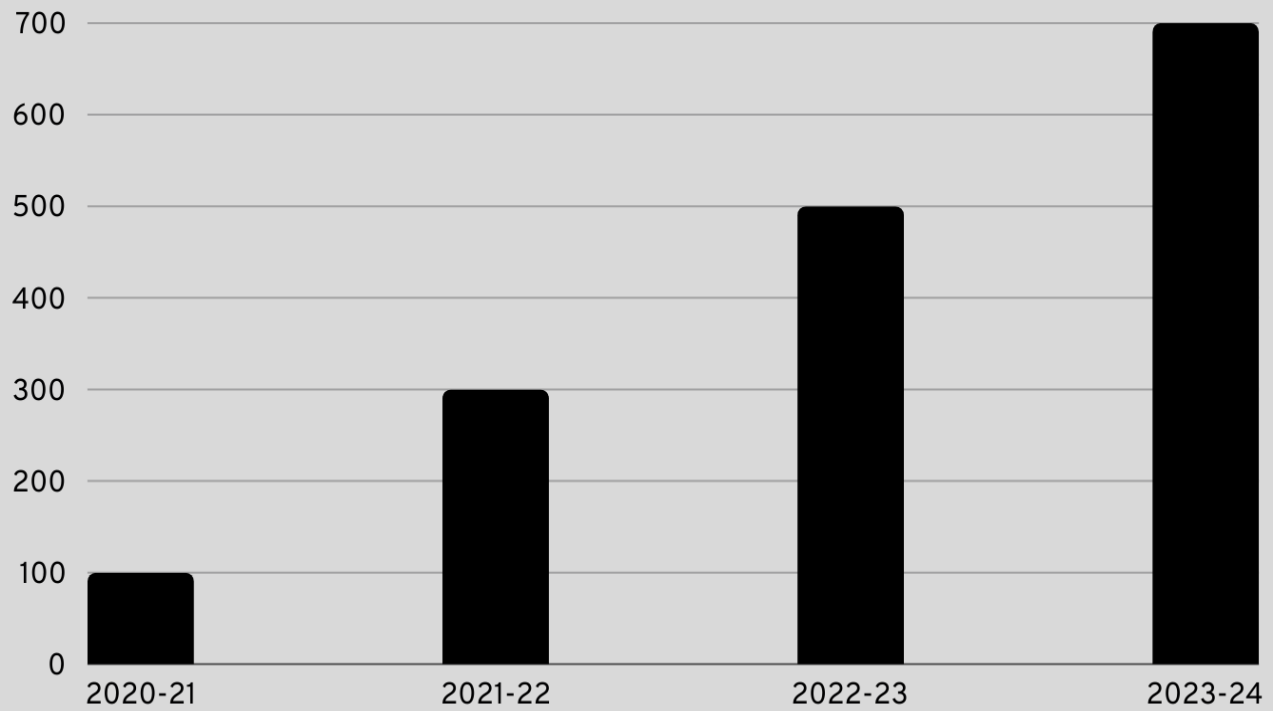
THANK YOU
Volunteers!

FOR ALL YOU DO!

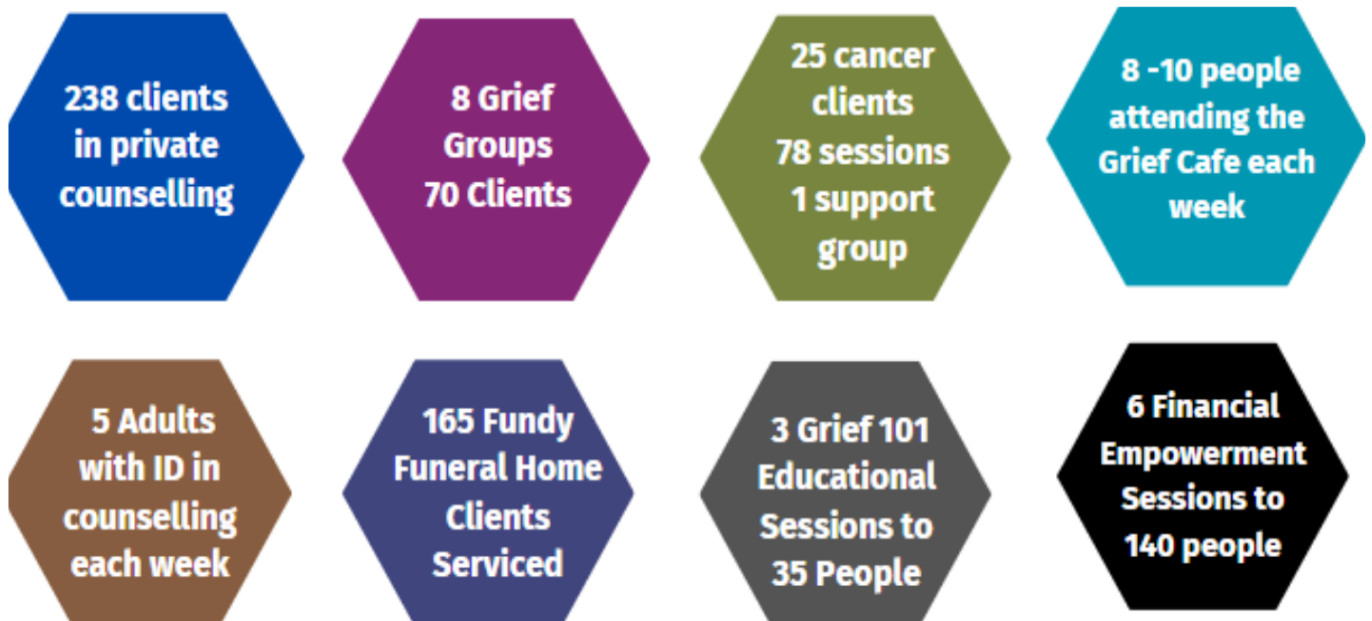
- Administrative Volunteers*
- Fundraising & Event Volunteers*
- Program Volunteers*
- Housekeeping & Maintenance*
- Board of Directors*



Annual Number of People Served



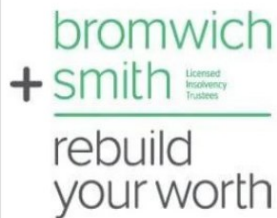
SUPPORT TO OVER 700 PEOPLE



Thank You!

"I don't know where I would be without the Compassionate Grief Centre and their wonderful support! I lost my wife of 32 years and it was a devastating, life altering experience. I felt so alone and lost until I found the Grief Cafe. "

Proudly Sponsored by:



"My child feels supported and able to reach out to their counsellor. They are comfortable with her and it makes my heart feel good that my child has this counselling centre to support her."

**A GRATEFUL MOM OF AN
11 YEAR OLD.**





“I’m a mom to an amazing four-year old boy, a partner to a loving spouse, and a nurse.

Accessing grief counselling at the Compassionate Grief Centre has been one of the most instrumental parts of healing my soul from the pain, trauma and sadness that we experienced through the loss of our son. I have been able to return to work and learn how to exist and grow around my grief.

Having my feelings normalized and being reassured that everything I was thinking and feeling was normal was truly life-changing in the way that it helped me to process my grief.

From the bottom of my heart, thank you Fundy Funeral Home for the opportunity to access counselling at the Compassionate Grief Centre.”

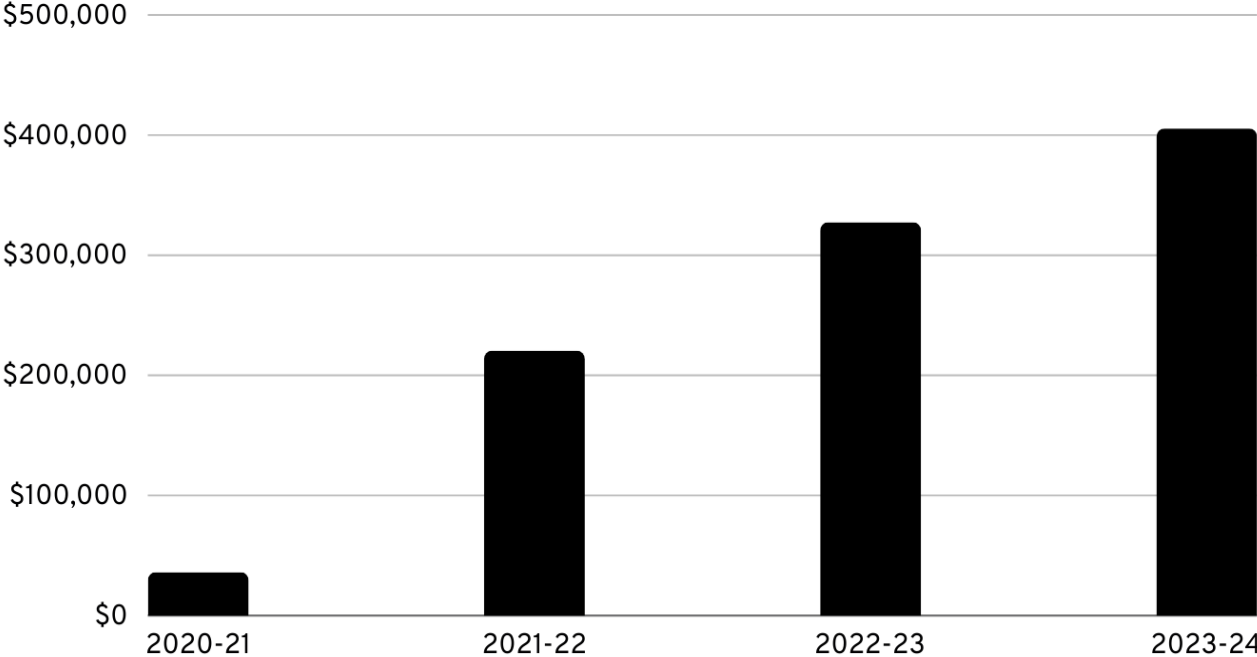


“My counsellor has been helping me so much. My hurts, grief, abuse, PTSD and more run deep and I didn’t realize just how much I needed to take care of my mental health.

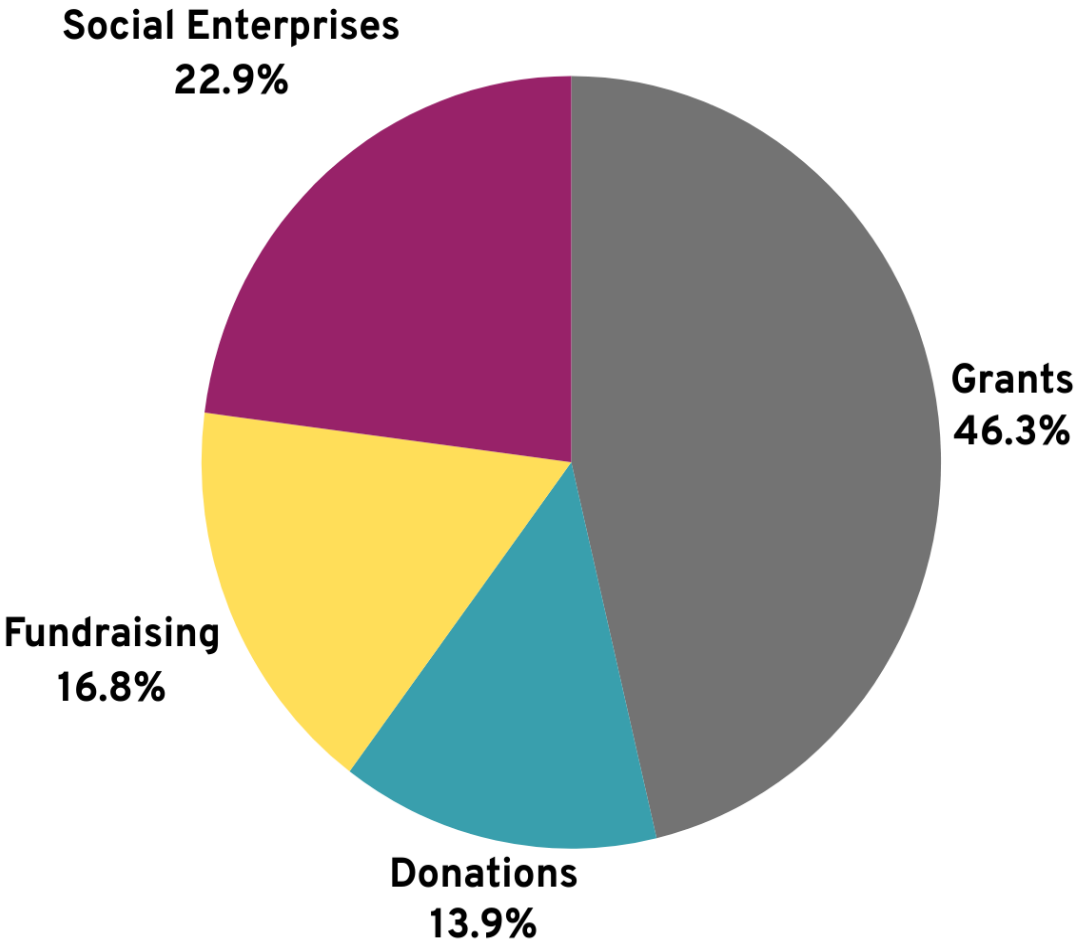
I don’t think I could have gotten through these past few years with grieving the loss of my health and not being able to work without her.

I’m not done yet, but I’ve turned a corner. I can say I’m happy and ready for the rest of my life.”

Annual Revenue Growth



Revenue Sources



Thank You to our Community Partners!

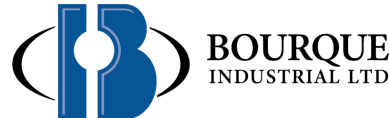


THE CRABTREE FOUNDATION



River Philip Foundation

The Christofor Foundation



VOCATIONAL TRAINING CENTRE
WHERE POTENTIAL BLOOMS



COX & PALMER



Barb Magee Insurance Agency Ltd.
barbmageeins.ca



Funded in part by the
Government of Canada's
New Horizons for Seniors Program

