

*Thank You
for your support*



ANNUAL REPORT 2020-2021



Compassionate Grief Centre of Southern NB

Email: hello@compassionategriefcentre.ca

Website: www.compassionategriefcentre.ca



Tel: 506-847-0002
53 Clark Road
PO Box 4442
Rothesay, NB E2E 5X2



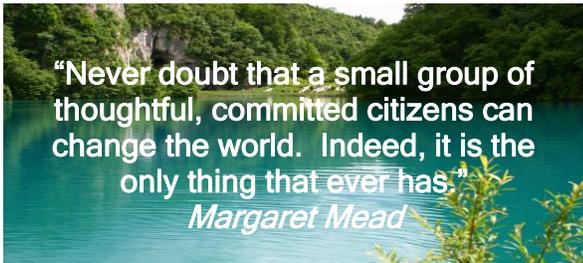
A NEW BEGINNING AND A YEAR OF FIRSTS!



In February 2020, a group of experienced healthcare and business professionals created the Compassionate Grief Centre of Southern NB (CGC) and became its first Board of Directors. With their own personal grief experiences, this dedicated senior leadership team were passionate about developing programs and services to help people suffering through grief and loss. Little did we know that just one month later in March 2020, the entire world would be suffering through a Pandemic and that the need for our services would be greater than ever!

It was a very busy year for the CGC and much was accomplished. We secured our NB Non-Profit Status and Charitable Status from CRA. We found affordable space for our business in Rothesay and launched a number of fundraisers to raise the money to operate the organization. In the Fall of 2020, we proudly launched our programs and services and started helping people in our region in need of grief and loss support.

None of this would have been possible without our highly dedicated Board of Directors, our volunteers, our donors and community supporters who believe in this dream for our region and have worked with us to make it possible. Thank you for caring and giving. You are making a tremendous difference!



Dr. Tamer Rizk
Pediatric Neurologist
Board Chair

Jamie Godfrey
Business Professional
CEO



OUR BOARD

Kelly Langille, Retired Bank Manager
Board Vice Chair

Jessica Jamieson, CPA, Business Owner
Board Treasurer

Ashley Zelward, BBA, and CPA Student
Board Director

Caley McNamara, BA, BSW, B.Ed,
M.C.A. P., Psy.D , Business Owner
Board Director

Fred Fernandez, Lawyer,
Business Owner
Board Director

Sandy Maxwell, Former CEO of Hospice
Director of Operations & Board Advisor





OUR SERVICES

Grief and Loss Clinic

Our team of expert, licensed, professional counsellors specialize in:

- ♥ Death of loved ones, friends, pets, co-workers, miscarriage
- ♥ Terminal and serious illness/accidents
- ♥ Loss of health
- ♥ Loss of marriage & relationships
- ♥ Loss of jobs and financial security
- ♥ Loss of friends and family
- ♥ Loss of a life you once knew

We help individuals and families find hope in the darkness of grief and loss and support you to heal and embrace life again. Sessions are 60 minutes. The cost is \$120/hour and may be funded through insurance or special grants and donations. Sessions are available virtually or in-person.

Grief Groups

There is nothing as healing as sitting with a group of people who really understand you and what you are going through. Our free Grief Support Groups offer a friendly, supportive environment to learn and share. Facilitated by grief and loss experts, these groups provide a safe and encouraging space to heal and find hope.

Compassionate Neighbors Program

Our trained and experienced volunteers, under the direction of professional staff, provide valuable support through our free Compassionate Neighbors Program. They make weekly calls or visits to listen and support people living with loss. All volunteers are screened and must complete extensive training.

Our Support October 2020- May 2021

- ✓ 143 Private Counselling Sessions
- ✓ 8 People Attended our First Grief Group
- ✓ 4 People Received Support through our Neighbors Program

MAKE GRIEF A PRIORITY

Grief is not just about death. It is about life losses and the pandemic we are currently living with has triggered an immense amount of grief due to the many losses people have suffered.

People have struggled with separation from friends and family who usually provide comfort and support to help us cope with death and life losses.

People are also grieving the loss of financial security, careers, a sense of community, freedom to travel, physical connections, relationships, inability to attend funerals, or visit loved ones in hospitals and nursing homes, etc.

The Canadian Grief Alliance has named *“grief as the hidden healthcare crisis”* emerging from this Pandemic. *“Never in our lifetimes has Canada experienced the volume and complexity of grief as has resulted from the COVID-19 Pandemic.”*

“Canadians have been robbed of goodbyes with dying friends and family or people they care about and forced to grieve in isolation, without funeral rites. They and those working on the front lines of healthcare are at heightened risk for prolonged, complicated grief marked by depression and the risk of suicide.”

“Existing grief services are fragmented, under-funded and insufficient. Left unaddressed, significant long-term social, health and economic impacts will result. Unless we step up and help people now, we will be dealing with the human toll for many years to come,” says Paul Adams, CGA Media Spokesperson.

Canadian Grief
Alliance

Thank You

FOR YOUR HELP



Amanda O'Brien

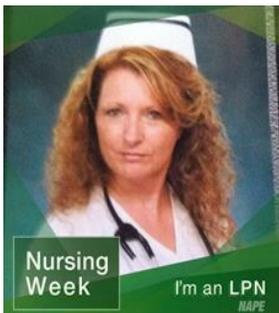
June 4, 1981-Oct. 10, 2020 (age 39)

"I really was skeptical that anyone could help me deal with the utter sadness and despair that I felt at losing my beautiful young daughter at such a young age. I wouldn't allow the grief in once my girl took her last breath. I knew that I couldn't face that utter despair. I had to be strong for Amanda's 3 daughters and for my other 2 daughters (Amanda's sisters). I couldn't look at pictures or videos; nor could I allow any thoughts of my dear Amanda into my head because the next step would have been for my heart to get involved and I knew that I wasn't ready.

Then I found the Compassionate Grief Centre and the counsellor that you thought could benefit me and wow, were you right. She is kind, thoughtful and a great listener. And if you have nothing to say, she is a great talker. She doesn't push you to do anything that you are not ready for but sets a pace that works for you.

I look forward to my sessions and not only to talk about sadness but to learn to laugh and share stories; I have shared many personal pictures and stories that I couldn't share with others or myself. I have introduced my granddaughters and mother as well and they too benefit greatly from the sessions; so no matter what the age, her professionalism doesn't falter; nor does her compassion and empathy for a family that felt at one time defeated by grief.

It is not over by a long shot. Grief has no time limit. It has some really sad days as well as some days that are pretty good. I feel so fortunate that I found your new Center with top notch counsellors. I look forward to our continuing relationship for as long as it takes for me, my granddaughters, my mom, and my daughters to be where we need to be once again." – Cecelia Turple, a Mother



"At this point in my life counselling was the last thing that I thought would help me get back on track. I have had many traumas in my lifetime and did the counselling road before. But I always returned to fight or flight mode; survival mode immediately. I have always put my head down and pushed on. Not realizing that all of these traumas were being stored in my body; which was literally crippling me.

My counselor and I hit it off right away. She opened my eyes to the connection of mind and body. She helped me through exercises, books, references to anything and everything that she thought may help me. But most of all she talked with me in a caring, open and honest way.

I am now ready to take that next step with the tools that I need. Life is all about learning and growing, but most of all, loving yourself. For that I am forever grateful." – Gracie Barter, LPN



SENIORS MATTER TOO

Helping Seniors Cope with Loss



Losing people, we love is never easy, but we tend to think that when people of a certain age die, it's okay because that person experienced a rich, full life and death is a normal part of aging.

When seniors lose friends, acquaintances and loved ones, they experience just as much grief and loss as anyone else and it also reminds them of their own eventual mortality. Seniors also face other losses, such as a loss of their youth, loss of a career, loss of physical health, financial decline, loss of a family home, loss of the life they once knew, loss of a future and ultimately loss of hope.

Grief and loss impacts seniors both psychologically and physically. Mental health concerns, such as anxiety, depression, hopelessness, etc. can occur, along with physical consequences such as sleeplessness, loss of appetite and a decreased functioning of the immune system, making them more vulnerable to infection, disease and death.

Studies show that counselling and support groups can improve self-esteem, life satisfaction, and emotional and physical well-being for seniors, leading to a significantly enhanced quality of life and reduced illness and untimely deaths.

Seniors are often on a fixed income without insurance support and limited funds to pay for private counselling and support. The Compassionate Grief Centre's new "*Seniors Matter Too*" Program is dedicated to providing professional grief counseling and support groups for seniors coping with these many losses. These counselling services and programs will be available in three ways (COVID dependent):

- 1) Virtually via video conference call.
- 2) In person at a Grief Clinic while respecting COVID rules.
- 3) Outreach Services – counsellors will go to senior group homes to take the support to them.

Improving the quality of life of our seniors so that they live well right through the end of life is very important to us at the Compassionate Grief Centre. We also understand and respect the limited financial resources seniors live with following retirement and the challenges COVID has presented with access to community services. ***We want to be here to provide meaningful services and support at no cost to our valuable seniors – where they want it, when they want it.***



Our thanks to the Greater Saint John Community Foundation for providing partial funding to support the delivery of this program. Additional support is needed. If you can help, contact us at (506) 847-0002. ***Thank you!***



Child and Youth Counselling Clinic

Helping Children, Youth and Families Cope with Loss and Life Changes

Over the past five years, there has been a 33% increase in demand for addiction and mental health services for the youth of New Brunswick.

“Children today confront a wide variety of stressful and potentially traumatic events that may overwhelm their natural ability to cope and heal. Because children process information from the world around them much differently than adults, they have distinct needs for managing the effects of grief, stress and trauma.

Without the assistance of a professional who understands their unique perspective, children of all ages may experience emotions such as fear, shame, confusion and loneliness, which can inhibit their natural development, and have lasting negative effects on their wellbeing.

Child life specialists are trained professionals with expertise in helping children, youth and their families overcome life’s most challenging events.” - American Academy of Pediatrics

The Compassionate Grief Centre’s new “*Child, Youth & Family Counselling Clinic*” is dedicated to providing the services of a licensed, Certified Child Life Specialist to offer professional counseling and support to children, youth and families who are coping with life losses such as living with a chronic, life changing illness or injury, death of loved ones and friends and stress and anxiety due to events beyond their control.

Our children are our future and it is important that we provide them with the best opportunities to grow and develop into thriving and productive adults. We are so fortunate to have Shira Zipursky, a Certified Child Life Specialist, with a wealth of knowledge, expertise on our team to deliver these clinic services.



The Compassionate Grief Centre is actively seeking funding partners to bring this Child, Youth & Family Grief and Loss Clinic to our region. If you want to help, contact us at (506) 847-0002. *Thank you!*

OUR COUNSELLORS



Claudine Snow, MSW, RSW

Claudine has over 30 years of counselling expertise and is currently a Case Manager at Veterans Affairs Canada, supporting veterans and their families through trauma and grief.

Claudine volunteers her professional services to the Compassionate Grief Centre and serves as our clinical supervisor. With her own personal grief and loss experiences, Claudine personally connects with her clients and provides them with valuable, non-judgmental support that significantly improves their quality of life. Claudine is fully bilingual.



Cheri Poirier, BSW, RSW, CYT

Cheri is originally from Ontario and has 20 years of experience as a social worker. She currently works with the Child & Youth team in Hampton, providing effective crisis and emergency interventions. While in Ontario, she worked as a Community Programs Coordinator for Sarnia-Lambton Rebound, supporting the successful development of youth. Cheri specializes in grief/loss, anxiety, depression, trauma, sexual and gender identity/expression, addiction, personality disorders and judicial involvement.

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Tricia Wilson, MA, CCC, LCT-C

Tricia specializes in trauma, grief counselling and group therapy. She uses trauma-focused, cognitive-behavioural therapy, dialectical-behavioural therapy, acceptance and commitment therapy, including solution-focused and narrative approaches. She enjoys incorporating an eclectic way of applying therapy to individual experiences and concerns.



Shira Zipursky, MSc., BHEc, CCLS

Shira is a Certified Child Life Specialist who works at the Queen Elizabeth Hospital in Charlottetown. Child life specialists are trained professionals with expertise in helping children and their families overcome life's most challenging events, including grief and loss. Shira is the founder of "It's a Child Life" in Winnipeg, MB, a community program that helps children and families overcome life's challenges.



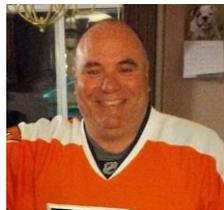
OUR VOLUNTEERS

In October 2020, we welcomed six new volunteers to our team of Compassionate Neighbors. These individuals have all experienced grief and loss and taken the extensive training program to help others in our community. Pictured are: *Ruchi, Sandra, Ola, Tammy and Cheri*. **Thank you for being part of our team and caring for others when they need it the most!**



Julie Sinclair joined the CGC in March 2021 to volunteer in our Grief Support Group.

Julie is a Nurse Manager at Shannex. She is a specialist in geriatric care and was on the front lines of COVID care at the nursing home. She is in school to become a counsellor and will do her practicum at the Compassionate Grief Centre in the fall of 2021. **Welcome to our team!**



Mike Zelward is our IT volunteer who has secured computers and printers for us and keeps our office technology working. *Ola Bakare* is one of our Compassionate Neighbors and is lending her journalistic talents to our new Grief & Loss Podcast. *Steve MacLeod* donates his graphic design talents in his spare time to design our posters and marketing materials. **A very special thank you to these talented volunteers!**



Thank you to our wonderful administrative volunteers who help us out with office work, bookkeeping and phone calls to donors—*Jill Zelward, Elizabeth Phillips of Jamieson Mullin Chartered Accountants, Kelly Langille and Tammy Nicol*. **We couldn't do it without you!**



FUND DEVELOPMENT VOLUNTEER

Fund development is a very important part of the work of the Grief Centre. Thank you to all the volunteers who work so hard to raise funds for CGC: *Steve Cameron, Grant Godfrey, Kelly Langille, Jim Maxwell, Josh McGrath, Darshana Edirisingha, Ian Wilcox, Chris Glode and the Zelward Family*. And thank you to our Board who are all donors. **YOU are stars!**



REVENUE DEVELOPMENT

Community Supporter Award



Classic Construction has been named the *Top Compassionate Grief Centre Community Supporter for 2020/21.*

Thank you for all of your generous donations. We couldn't do it without you!

A very special thanks to these donors of \$1,000 or more:



Providing a Defined Process for Piece of Mind



KV OLD BOYS

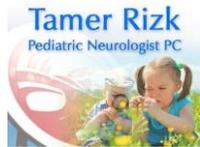
Making a good community better!

STEPHANIE HOELLWORTH IN MEMORY OF PETER.



Over \$9,200 raised!

Thank you to everyone who supported the 1st Annual Jason Zelward Physical Challenge in support of the Compassionate Grief Centre! The top fundraising team was Team Cook who raised \$1,040! A special thank you to our sponsors.



Thank you to everyone who played our progressive 50/50 this past year. You helped us raise \$6,870! The lottery continues.

Visit <https://cgc.thelottofactory.com> to purchase your tickets to win.

Thank you to all the donors who made gifts to the Grief Centre this past year. Your generosity helped us raise over \$11,000 for people in need of support.



We are pleased to partner with Fundy Funeral Home to provide grief support services to their clients. Thank you Fundy. We are proud to be your partner in care!



TICKETS ARE \$5.00 EACH

E-Mail to: hello@compassionategriefcentre.ca

Purchase at 53 Clark Road, Rothesay and Topsy Tomato, Millidgeville



DRAWS MADE AT 3:00 PM ON SUNDAYS AT TOPY TOMATO

FINANCIAL SUMMARY

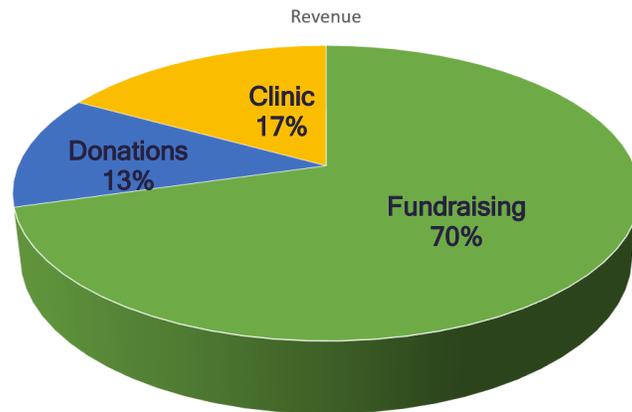
As a start-up non-profit charity, our budget for the first year of operations was \$20,103 with no paid staff. At present, we do not have government funding and depend on the generosity of our community and fundraising to secure the funds we need to deliver our services. Our heartfelt thanks to everyone who supported the Compassionate Grief Centre in our first year of operations!

For a complete set of independently compiled financial statements (Notice to Reader) by J.K. Whittaker & Associates Chartered Professional Accountants, call the Grief Centre at (506) 847-0002, e-mail to hello@compassionategriefcentre or visit our website www.compassionategriefcentre.ca.

Charitable Registration #739090876RR0001

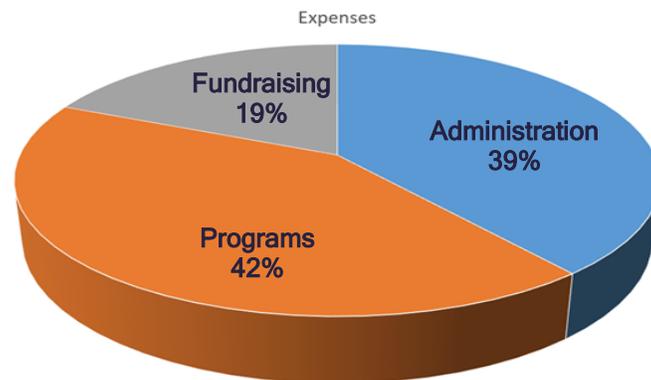
Revenue

Fundraising	25,232
Clinic	6,355
Donations	4,469
Total	\$36,056



Expenses

Rent	6,335
Office Exp.	4,278
Fundraising Exp.	3,736
Advert. & Promotion	1,090
Insurance	936
Prof. Fees	752
Staff & Vol Exp.	729
Clinic	602
Bank Charges	319
Meetings	241
Total	\$20,103



GRIEF CENTRE LOOKS TO PARTNER WITH GOVERNMENT OF NB

The NB Government's "Addiction and Mental Health Action Plan for 2021-2025" lays out a comprehensive and timely strategy for addressing the growing grief and mental health issues for the people in our province. The Compassionate Grief Centre has made a proposal to the Government to serve as a community partner who can provide early intervention and enhanced access to people who are struggling with grief and loss. ***Timely supports and interventions are key to mental wellness and the prevention of substance abuse, addictions, serious mental illness and possible suicide. The Compassionate Grief Centre can make a difference!***