



# 2022 COMMUNITY REPORT



*"Making life better for people living with illness, grief, loss  
and life's challenges."*

Email: [hello@compassionategriefcentre.ca](mailto:hello@compassionategriefcentre.ca)

Website: [www.compassionategriefcentre.ca](http://www.compassionategriefcentre.ca)

Donations: [giving@compassionategriefcentre.ca](mailto:giving@compassionategriefcentre.ca)



Tel: 506-696-0202  
55 Drury Cove Road  
Suite 100  
Saint John, NB E2H 2Z8



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Pediatric Neurologist  
Clinical Professor



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**Sandy Maxwell, Retired RN,**  
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and Chief Governance Officer

*Congratulations Jamie Godfrey!*



**ON YOUR GRADUATION FROM THE WALLACE MCCAIN INSTITUTE**




*Congratulations*

**FUNDY FUNERAL HOME**

**Winner of the  
Compassionate Grief Centre's  
Community Supporter Award  
2022**






## OUR COUNSELLORS



*Cheri Poirier, BSW, RSW, CYT, B.T.S., T.S.I.*

Originally from Ontario, Cheri has over 20 years of experience as a social worker. She currently works with the Child & Youth team in Hampton, providing effective crisis and emergency interventions and volunteers as a counsellor with the Grief Centre. Cheri specializes in grief/loss, anxiety, depression, trauma, sexual and gender identity/expression, addiction, personality disorders and judicial involvement.

*“I know it can be difficult to be vulnerable and share the stories that carry our pain and sadness. Thank you for your faith and trust in me.”*



*Shira Zipursky, MSc., BHEC, CCLS*

Shira has her Masters in Science in Psychosocial Care from McMaster University and certification in Grief, Loss and Palliative Care through Pallium Canada. As a Certified Child & Family Psychosocial Specialist, she worked at the Queen Elizabeth Hospital in Charlottetown for eight years prior to joining the Grief Centre’s Counselling Team.

Shira serves as the Clinical Coordinator the Child, Youth & Family Program at the Grief Centre. Her passion is to **“help children, youth and families live well while facing life’s challenges.”**

In addition to her work at the Grief Centre, Shira is a Board Member of Dying with Dignity Canada.



*Katarina Presti, BA, MA, LCT-C*

Katarina obtained her Masters of Arts degree in Counselling Psychology from Yorkville University in 2021. During her schooling and practicum, Kat worked with individuals coping with anxiety, depression and grief. Mental health has been a critical component of Kat’s life and serving her community by giving back and helping those in need has been her lifelong passion.

Born in Toronto and raised in Saint John, Kat quickly grew to love the friendliness of the Maritimes. Her gentle, empathetic nature and her love of connecting with people allow her to build authentic, lasting relationships with others. She can often be found sharing a smile or a good laugh with those around her. Her mission is to **“help lives grow.”**

## OUR PROGRAMS

- **Individual Counselling** – Our professional and licensed counselling experts help people find hope in the darkness of serious illness, grief, loss and life's challenges, preparing them for what to expect and supporting them to cope, adapt and thrive.
- **Seniors Matter Too Program** – Seniors face multiple losses as they age. Our Seniors Matter Too Program provides professional grief counseling, support groups and wellness sessions to people aged 55 and older with the goal of enhancing their quality of life, improving their health and supporting them to remain active and productive citizens.
- **Child, Youth and Family Program** – Childhood and adolescence are periods of turmoil and significant developmental changes, socially, physically, and emotionally. Our specialized counselling services support children/youth and families to cope with significant life changes and challenges.
- **NEW Living with Cancer Program** – A cancer diagnosis is frightening and the disease takes both a physical and emotional toll on everyone involved. Our new non-medical support groups will help patients, families and caregivers cope with the fear, stress and anxiety of living with cancer.
- **Grief Groups** – Specialized groups to provide people with education, peer support and connections that provide comfort and builds coping skills and a sense of community.
- **NEW Grief Café** – Our weekly drop in Grief Café, led by a caring, professional counsellor offers a place to connect with others on the grief journey for support and companionship.
- **Compassionate Neighbors Program** – A peer support program with trained and experienced volunteers providing weekly calls, regular visits and support to people living with grief, loss and life's challenges.
- **Community Outreach** – Education and support services through program delivery, information sessions, conference presentations and our Compassionate Works Program.

### EVERY YEAR, WE PROVIDE..

- 1,500 COUNSELLING SESSIONS
- 6-8 GRIEF GROUPS
- SUPPORT TO OVER 500 PEOPLE

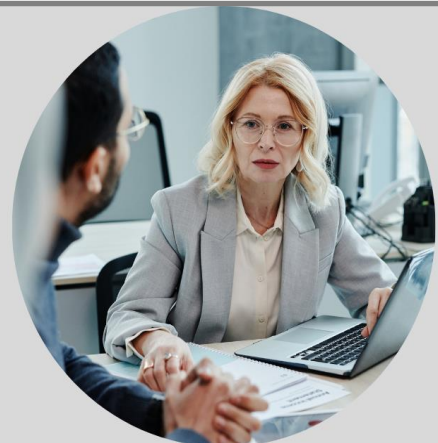
## Compassionate Works Program

*We bring our whole selves to work.*

*Supporting your employees mental health and well-being is an effective way to improve productivity, reduce absenteeism and support retention.*

Contact us today and find out how our licensed counselling experts can help your employees stay well and keep your business thriving.

Our Compassionate Works Program is cost effective and delivers results. Call (506) 696-0202 or email to [hello@compassionategriefcentre.ca](mailto:hello@compassionategriefcentre.ca)

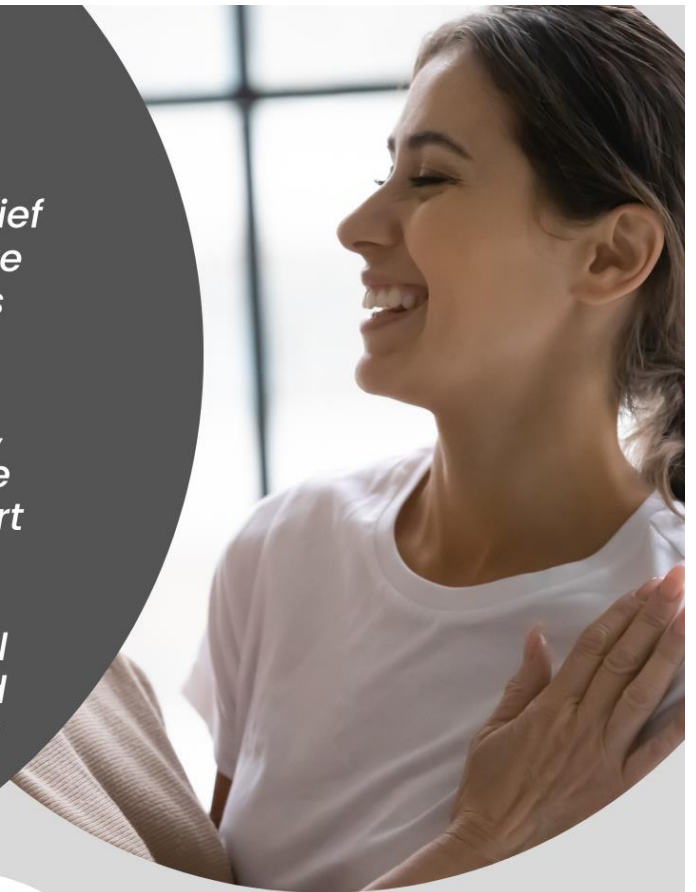


# Thank You!

*"If it wasn't for the Compassionate Grief Centre, I don't know what would have happened to my mental health this year!"*

*One day I had my Mom, shopping, laughing, kisses on my face and the next day, she died of a massive heart attack.*

*I still don't feel NORMAL, but I do feel better. I can't imagine what I would have done without the help of your counsellors and the grief group."*



*"I felt so much better after counselling. I was able to see and feel the world again."*



*"You made me feel understood and that you truly cared. I feel like there is hope for a happy life out there."*



*"I had a really low mood at the start of my sessions. Now, I am feeling at peace."*



# Seniors Matter Too Program

Thank You!

*"I had the best holiday in years thanks to your counsellor. She was caring and thoughtful and gave me great coping strategies." - A Senior*

With the support of our valuable community sponsors, we were able to provide over 100 free private counselling sessions to seniors coping with grief, loss and life's challenges!

We couldn't have done it without you!



# Child, Youth & Family Program

*We believe in helping children, youth and families to live well as they deal with life's challenges and issues.*

Our Child, Youth & Family Psychosocial Counselling Specialist provides children, youth and families with education, counselling, support and strategies to cope with stressful and challenging times.

Thank you to the following foundations for supporting our Child, Youth & Family Program.



The Faye & David Huestis  
Family Foundation

The John & Judy Bragg  
Family Foundation





**JASON ZELWARD  
PHYSICAL CHALLENGE**



**Honorary Chairpersons  
The Hoellwarth Family in Memory of  
Husband and Dad, Peter Hoellwarth  
1963-2018**

**\$16,338  
RAISED!**

**THANK YOU!**

**These proceeds will fund our  
NEW "Living with Cancer  
Program" set to launch in the  
Fall of 2022.**



## **New Weekly Grief Cafe**

**EVERY WEDNESDAY  
1:00 - 2:30 PM**

Led by a caring, professional counsellor.  
Drop in to connect with others on the grief journey.  
55 Drury Cove Road, Saint John, NB  
Call (506) 696-0202



Funded in part by:





# OUR VOLUNTEERS



**THANK YOU**  
*Volunteers!*

**WE COULDN'T DO IT  
WITHOUT YOU!**

*Administrative Volunteers*

*Fundraising & Event Volunteers*

*Program Volunteers*

*Housekeeping & Maintenance*

*Board of Directors*





# REVENUE DEVELOPMENT

A very special thank you to our sponsors who funded the wrap on our CEO's personal car!



Thanks to everyone who played and helped raise \$9,825 for the Compassionate Grief Centre's Programs. Next year's Chase the Ace begins in May 2023.

## CONGRATULATIONS!



SHELLEY PERRY & KEVIN  
2022 WINNERS  
\$6,145.50





Masters of Ceremony



Lori Carle  
Manager of Marketing Public & Corporate Relations, Saint John Airport (YSJ)

# Cocktails for a Cause

# Thank you

With your support, we raised \$10,700!















# FINANCIAL REPORT

Our heartfelt thanks to everyone who supported the Compassionate Grief Centre in our second 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) 696-0202 or visit our website [www.compassionategriefcentre.ca](http://www.compassionategriefcentre.ca).

**Charitable Registration #739090876RR0001**

## Revenue

Grants	96,611
Fundraising	61,113
Donations	34,442
Clinic	<u>28,362</u>

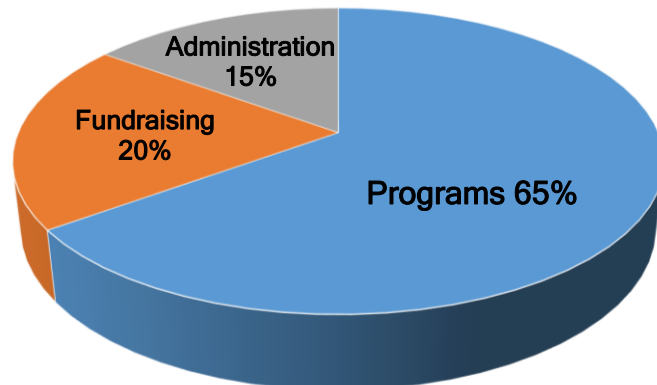
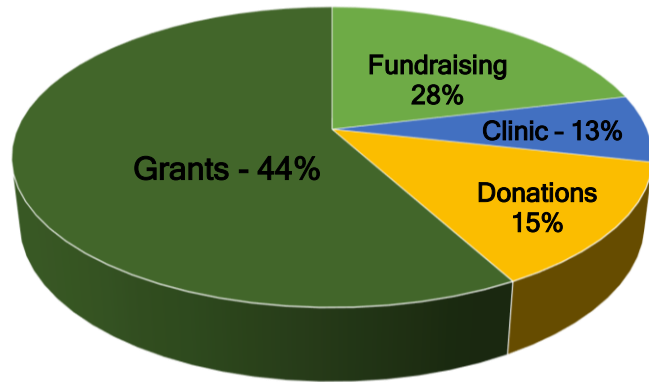
**Total \$220,528**

## Expenses

Salaries & Wages	108,348
Program Exp.	70,500
Office & Admin. Exp.	16,573
Fundraising Exp.	<u>20,239</u>

**Total \$215,660**

**Surplus \$4,868**



In addition to all the people and groups recognized in this Report, we also extend special thanks to the following who made financial or in-kind donations to support our work over the past year:

- NB Department of Health
- NB Community Capacity & Resiliency Program
- Sussex Community Foundation
- Sussex Salvation Army
- Hospice Sussex
- Saint John Suicide Committee
- Jamac Painting and Sandblasting
- Classic Construction
- Cronk Wealth Management
- Sisters of Charity
- Chandler Sales
- Mackenzie Investments
- Private Donors