

2023 Annual Report





OUR HISTORY

FEBRUARY 2020

A group of healthcare & business professionals come together to establish a non-profit organization to address the growing needs in grief and loss.

MARCH 2020

COVID Hits but the board agrees to move forward projecting that the pandemic will contribute to an increased need for dedicated grief services to deal with multiple losses.

APRIL 2020

NB Non-Profit Registration Confirmed.

AUGUST 2020

Founder and now CEO, Jamie Godfrey, donates her professional skills full-time to operationalize the organization.

OCT/DEC 2020

Program delivery begins with the launch of the Compassionate Neighbors Program and 2 licensed, professional counsellors donate their time to do private counselling

JANUARY 2021

CRA Charitable Registration confirmed

2021 - 2022

Significant growth in programming, strategic partnerships, revenue development and the establishment of the Compassionate Care Foundation

MARCH 31, 2023

A record-high 500 people served

Our Organization

The Compassionate Grief Centre is a registered charity that 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 and suicidal thinking.

The Canadian Grief Alliance reports that “people with anxiety and depression and other mental health issues are often told by mental health professionals to redirect their thoughts through things like exercise and meaningful activity to help them address their mental suffering. Grieving people do best when they are able to experience their feelings in a supportive context and work through them. If you push away those feelings in the long term it can be detrimental to your mental health.”

Empathetic, non-judgmental and supportive talk therapy with grief and loss professionals and support groups help people find hope in the darkness of grief and loss.

Our experienced professional counsellors are licensed experts in grief and loss for adults, seniors, children and teens. They have grief and loss certification, as well as additional certifications and expertise in trauma, addictions, palliative care, cancer care, MAiD, addictions, suicide prevention, depression, anxiety, stress, etc.

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

As a registered charity, we depend on donations, fundraising, grants and our social enterprises to fund our free programs and services. Our social enterprises include Fee for Service Counselling, Family Funeral Aftercare, Educational Outreach and a Compassionate Works Program.

Compassionate Grief Centre
55 Drury Cove Road, Suite 100
Saint John, NB E2H 2Z8
(506) 696-0202
hello@compassionategriefcentre.ca
www.compassionategriefcentre.ca



Our Leadership Team



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



Jessica Jamieson
Retired Director (2000-2023)
Partner at Jamieson Mullin
Chartered Prof. Accountants



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

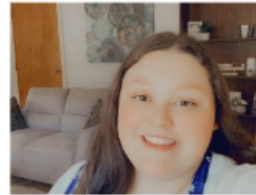
Our Counselling & Administration Team



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



Shira Zipursky
Counsellor
MSc., BHE, CCLS
Child & Youth
Counselling Specialist



Kat Presti
Counsellor
BA, MA, LCT-C, CCC
Certified Grief
Specialist



Kelly Hudson-Lewis
BA, Master of Divinity
Grief Recovery
Specialist



Melanie Richards
Counsellor
BA, BSW, RSW



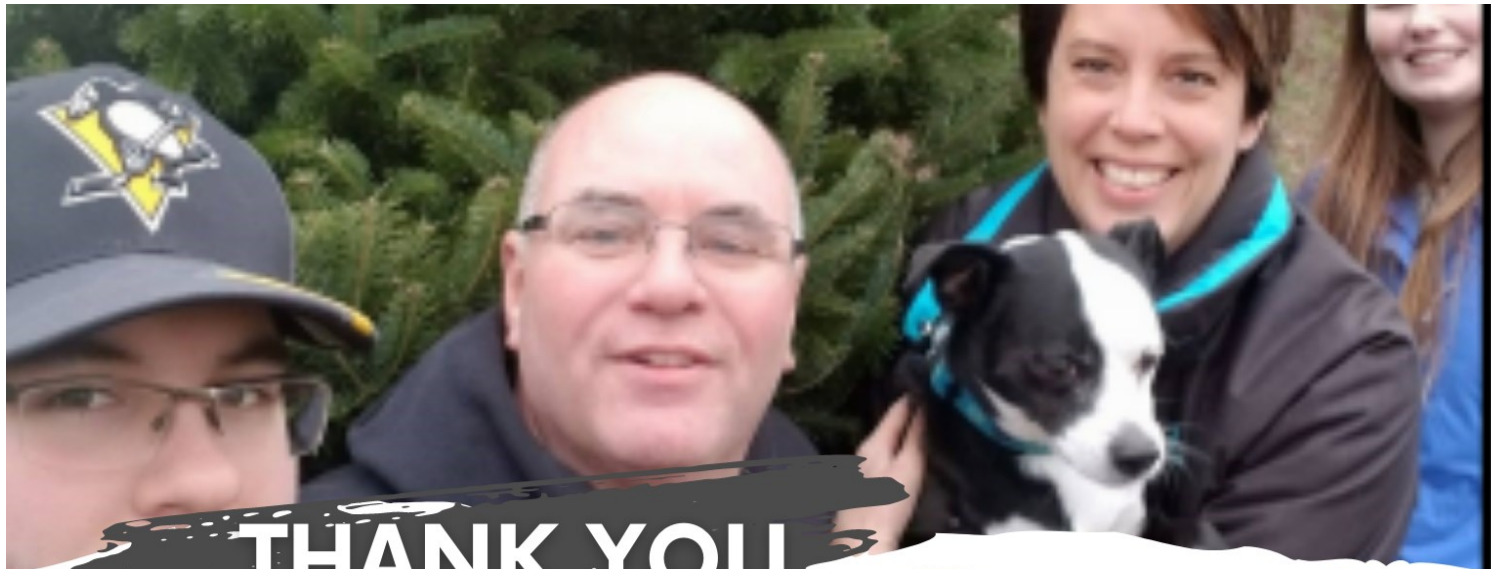
Olga Scibior
Counsellor
M.Ed. Counselling Psychology,
LCT, CCC



Audrey Langlais
Administration
Coordinator



Elizabeth Murphy
Grants Administrator



THANK YOU *Volunteers!*

FOR ALL YOU DO!

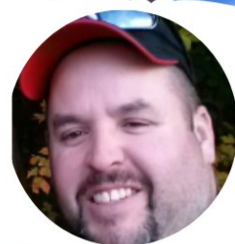
Administrative Volunteers

Fundraising & Event Volunteers

Program Volunteers

Housekeeping & Maintenance

Board of Directors





Adult Counseling
Child & Youth Counselling
Grief Groups
Grief Cafe
Cancer Support Groups
Education



(506) 696-0202
55 DRURY COVE ROAD
SUITE 100
SAINT JOHN, NB
E2H 2Z8
CRA CHARITY #
739090876RR0001



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

1

Death of family, friends, loved ones,
co-workers, pets

2

Loss of health, independence,
mobility, divorce, estrangement, a
career, financial security, a life you
once knew

3

Relationship issues, child
development, parenting, eldercare,
life transitions

4

Stress, anxiety, depression,
loneliness, sleep disturbances,
worrying, poor concentration, etc.

**Call (506) 696-0202 for an in-person
or virtual appointment or to register
for our free groups.**

**We accept insurance and can direct
bill Blue Cross.**

2022-23 Program Outcomes

Support to
500 People

296 clients in
private
counselling

5 Grief
Groups
60 Clients

NEW
Weekly
Grief Cafe
90 clients

NEW
Cancer
Counselling
& Support
20 Clients

2 Cancer
Support
Groups
10 clients



Thank You

“My wonderful daughter Holly died May 27th 2021 at the age of 35. Her death was sudden and unexpected and for quite a while I thought I was going to wake up from a very long and bad nightmare.

I attended a Grief Group for parents who had lost a child in the Fall of 2021. Being with others who were grieving the loss of a child was so helpful. We cried, we laughed, and we shared our hearts. Our counsellor led the group through the process brilliantly.

After the group, I continued with the counsellor in one-on-one sessions. I am very grateful for the wisdom, support, and patience she has given me. She will always be part of the tragedy of Holly's passing, but she helped me so much.”

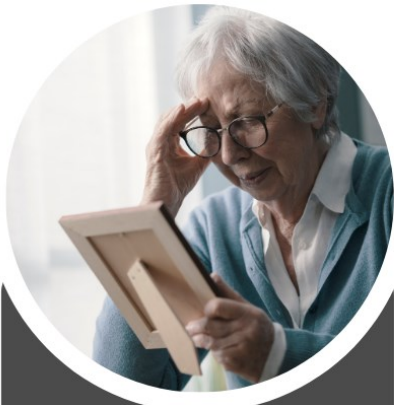
Kathy Walker
A Grieving Mother



Thank You!

"I like meeting and talking to people at the Grief Cafe. Being with others who understand what you are going through and sharing my feelings brings me comfort and support. I know that I am not alone with my pain."

Proudly Sponsored by:



"Our son died suddenly at the age of 43. My counsellor was great to talk with at a very difficult time. I really needed it and now I am able to move on a lot better."



"I really found the grief support group helpful. We had a wonderful group, and our two counsellors were amazing!"



"Thank you for taking the time to talk to our daughter. She is doing much better, and I am so impressed with you getting to her as quickly as you did."

NATIONAL BANK FINANCIAL WEALTH MANAGEMENT

CRONK Wealth Management Group

PRESENTS CHASE THE ACE

2021 Winner Billy Bawn - \$6,750

2022 Winner Shelley Perry - \$6,145

PLAY TO WIN.
2023 Winner
It could be YOU!

Tickets \$5 Each

E-Transfer to myacetowin@compassionategriefcentre.ca

Celebration for a Cause

\$20,575 RAISED!

Presented By:

ROYAL LEPAGE Atlantic GO BEYOND

*Dr. Jennifer Russell
Honorary Chair*

Sponsored by:

SAINT JOHN LNG

Desjardins Insurance
Steve Dever * Barb Magee
Sarah Mallory-Wright * Rob Scott

KOOL 98
SAINT JOHN'S GREATEST HITS

SAINT JOHN'S PERFECT MUSIC MIX
K100

CHARITY AUCTION

\$12,400 Raised!!

PRESENTED BY:

DEBLY ENTERPRISES LTD.

SATURDAY, OCT. 15, 2022
Quispamsis Lions Club | 6PM- 10PM
Tickets \$20/Each



Team Tug of War and Washer Toss Championship



Honorary Family
The Jacquard Family in
Memory of
Kieth Sean Jacquard
1969 - 2021

Saturday, June 17, 2023

1:00 - 4:00 pm

Simonds High School Football Field

In 2022, we raised \$17,602.
Our goal for 2023 is \$20,000!

Presented By:



Donations Matching
Sponsor:





For a donation of \$250, you can place a Butterfly in memory of a loved one on the Memorial Garden Wall at the Compassionate Grief Centre.



Congratulations!

**100 Women Who Care of Greater Saint John
Winner of the 2023 Compassionate Grief
Centre's Community Supporter Award
Thank you for supporting community charities!**

Coming Soon

Saint John's First Wind Phone to connect with loved ones who have died.

Proudly Sponsored By:

Our Financial Report

Our heartfelt thanks to everyone who supported the Compassionate Grief Centre in our third year of operations! For a complete set of independently reviewed financial statements (Compilation Engagement Report) by Whittaker & Estabrooks Chartered Professional Accountants, call the Grief Centre at (506) 696-0202 or visit our website www.compassionategriefcentre.ca.

Charitable Registration #739090876RR0001

Revenue

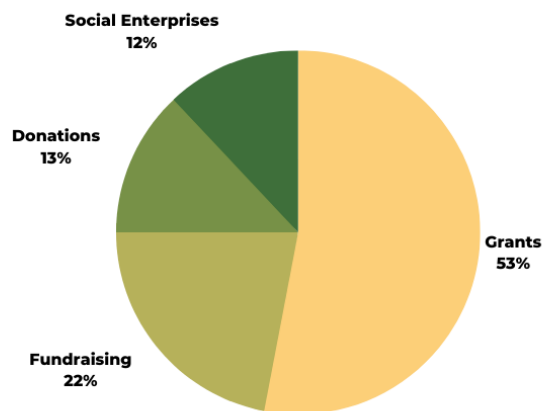
Grants	173,439
Fundraising	70,536
Donations	43,513
Social Ent.	40,061
Total	\$327,549

Expenses

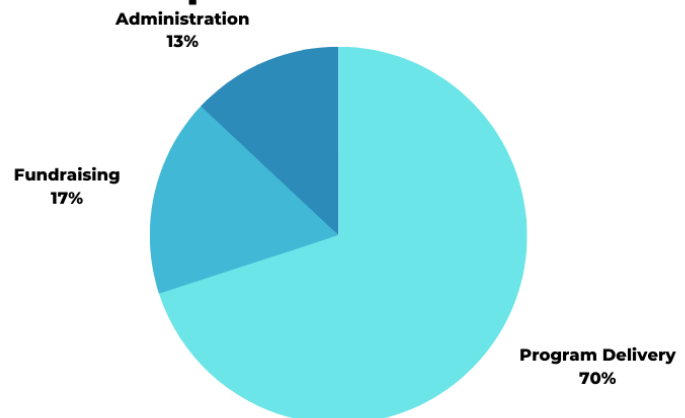
Staffing	115,157
Program Delivery	127,029
Fund Develop.	21,190
Administration	16,625
Total	\$280,001

Surplus **\$47,549**

Revenue Sources



Expense Allocations



In addition to all the groups and people recognized in this report, we also thank:

NB Department of Health
Region 8 Resiliency Committee
Powell & Associates
Sisters of Charity
New Horizons for Seniors Program
Town of Quispamsis
Hospice Sussex
Vocational Training Centre
BigTide Brewing Co.

Working NB
Community Investment Fund
MacMurray Foundation
NB Children's Foundation
John & Judy Bragg Foundation
Faye & David Heustis Foundation
UA Local 213
Private Donors