



Our Mission

The Center for Grieving Children serves more than 4,000 grieving children, teens, families, and young adults annually through peer support, outreach, and education.

Offering our services at no charge, for as long as people need them, the Center's mission is to provide loving support that encourages the safe expression of grief and loss and fosters each individual's resilience and emotional well-being.

The Center reaches individuals from diverse cultural backgrounds, and relies on financial contributions from individuals, businesses, foundations, United Way, and special events.

Our Core Programs

Bereavement Peer Support for families with children and teens, young adults, and parents who have experienced the death of someone close.

Tender Living Care for families with children who are living with the serious illness of a family member.

Multicultural Peer Support, serving students resettled in Maine from countries that have experienced war and genocide.

Crisis Outreach, including phone support and referrals for individuals; training and resources for schools, groups, and agencies; and support within schools during a grief-related crisis.

Why Grief Support?

More than one in seven American children and teenagers experience the death of their parent, brother, or sister. For additional young people, a "parental figure" dies, often a grandparent or caregiver.

The loss can devastate their lives. Research shows that children who do not receive reliable and appropriate support at this difficult time are more likely to suffer anxiety or depression, die by suicide, abuse alcohol and drugs, and have problems in school.

What Grieving Families Say

Here's what the National Alliance for Grieving Children found recently after polling more than 500 children under age 18 who have experienced the death of a parent or sibling.

- Nearly seven out of ten children agree the death of their loved one was the worst thing that ever happened to them.
- Seventy-five percent of the kids said they are currently sad — even though the loss was experienced, on average, more than two years prior to the poll.
- Seventy-six percent said they enjoyed grief support programs because it introduced them to other children who are going through similar situations.

But sustained grief support is rarely available. Grieving parents report overwhelmingly that there are not enough resources to help them or their children.

The Center for Grieving Children is working to change that, by providing support for Maine families, and taking a leading role in training people to provide grief support nationwide.





The Center for Grieving Children
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In York County:
893 Main St. | Sanford, ME 04073

For more information about grief support, call
(207) 775-5216 or visit www.cgcmaine.org.

For Media Inquiries:
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Highlights

- **The Center turns 25 years old this year.** Since its founding in 1987, the Center has served more than 66,000 children, teens, and their families. Annually, the Center reaches more than 4,000 individuals, through outreach, education, and peer support.

- **We're getting more calls than ever.** Calls to the Center have nearly doubled over the last two years. Why? Our reputation for "amazing" service continues to grow while, at the same time, cuts to health, social, and school services mean that families have fewer options for information and support.

- **The Center's services for families are free** — for as long as people want support. There are no bills to pay to the Center, no insurance forms to complete, at a time when illness and death may bring financial as well as emotional upheaval. That's why the Center depends on community support.

- **We offer bereavement peer support groups in Sanford as well as Portland.** The Center launched a satellite site in Sanford in November 2011, to deliver services within York County. In Portland, 20 percent of the families the Center serves at our Forest Avenue home reside within York County.

- **Volunteers are at the heart of the Center.** Last year, the Center relied on volunteers who contributed 21,000 hours of support. They volunteered as trained peer support group facilitators, and as event and office volunteers.

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