



2020 NEWSLETTER



30 Years of Helping Children Cope with Grief

YOUR GIFTS MADE A HUGE IMPACT IN 2019



Safe Crossings Foundation made grants to **Providence Hospice of Seattle's Safe Crossings Program** and **Camp Erin® - King County**, as we have since our founding over 30 years ago. Safe Crossings Program served 1,049 kids through their in-home and anticipatory grief services, and their school, peer, and family support groups. Safe Crossings Program also brought together 86 kids and teens for Camp Erin's weekend bereavement camp.

We also supported the following programs.



Art with Heart created online, interactive training and curricula, and a modified version of their Draw it Out booklet that was given

to all Camp Erin campers nationally, in partnership with the Eluna Network, serving over 2000 children and teens.



Crisis Connections provided

support to 34 families after suicide loss. That support included telephone support, gift baskets, and mentor training for volunteers.



THE HEALING CENTER
a grief support community
adults · children · families

The Healing Center has continued to provide grief

support groups for 104 children and families. They were able to continue children's groups without interruption, meet demand from their clients, and handle an increase in the number of children served by their grief support groups.



Bridges Center for Grieving Children is a new grantee, providing online training modules for their volunteer facilitators in the Tacoma area.



Seattle Children's Journey Program expanded their Spanish speaking support group so children can tell their grief stories

in Spanish, enabling them to better focus on their feelings rather than how to translate those feelings into English. They also expanded their program outreach to serve African American children and their families, enhancing the diversity of the population of bereaved families who are now able to access their support services.



Wild Grief provided 31 teens a chance to explore their grief with a group of peers in the wilderness. This allowed each of them unique support while on their individual journeys.



Youth Eastside Services provided evidence-based mental health counseling for 119 children and youth in East King county.



Our TreeHouse is providing loving, healing community support through the grieving process.



SAFE CROSSINGS PROGRAM HEALS

In November 2018, Kelly Chavez's life changed dramatically. Her husband, Marty, had a sudden heart attack, and 36 hours later, Kelly was a single mother to three children (ages 5, 8, and 10). During this maelstrom of change and loss, Kelly made the decision to donate Marty's organs. This is what started her on the path toward finding grief support for herself and her children.

Attending the family support groups and seeing others in the same situation was especially beneficial for Kelly's eldest son as he struggled to communicate his feelings and dreaded going to school or being around his friends. Being among peers who had also experienced loss gave him the tools he needed to be able to talk about what was happening in his own life. Having people his own age share how they talked to their friends about coping with grief was much easier for him to receive and understand than advice from a parent or counselor.

WHERE YOUR DONATIONS GO

We at Safe Crossings Foundation know it's important for donors to understand where their donations are going. Here's a sample of what your gifts do within the community:

\$50 Crisis Connection phone mentoring and care package for one family

\$235 Art Therapy training for 2 adults

\$500 CC Cares mentoring and care packages for 5 families

\$820 Safe Crossings Program translation services

\$2,500 Camp Erin® - King County for 10 campers

\$5,000 Year-long support group for 5 children

After returning home from the hospital, Kelly struggled with the newness of losing her husband, caring for her three young children, and continuing to work full time and provide for her family. While she was sorting through paperwork from the hospital and organ donation center, she came across a pamphlet about Safe Crossings Program. Immediately, Kelly knew this is what her family needed, and she called to ask about setting up some counseling sessions.

Kelly's younger children were reluctant to go to the doctor or therapy after Marty passed away, so having a trained grief support counselor come to their house was very helpful. The Safe Crossings Program staff brought games and crafts with them, which helped engage the kids in talking and gave them something to look forward to. For her older son, having that one-on-one attention made all the difference.

Two months after Marty's passing, the Chavez family also began attending Standing Together, Safe Crossings Program's family support group. During their first year attending Standing Together, they learned they weren't alone in their grief and that other kids, families, and parents were facing the same struggles that losing a loved one inevitably brings.

"I was by myself, and I didn't know what to do. They were there for me when I needed it and they made it easy at a time when life was really difficult."

KELLY, mother of 3
SAFE CROSSINGS PROGRAM PARTICIPANT

Kelly is so thankful she found Safe Crossings Program and that the wide range of services offered by the program met her children's needs. The Chavez family continues to attend counseling and support groups and finds that they are now able to help other families coping with a recent loss.



NORTHWEST CONFERENCE ON CHILDHOOD GRIEF

Safe Crossings Foundation presented the 6th Annual Northwest Conference on Childhood Grief on March 4, 2020. It was a day full of meaning, learning, and connection among the grief support community.



The day began with Dr. Monique Mitchell of the Dougy Center teaching about the loss that many foster children go through and how providers can better serve them. This year's conference participants had a choice among breakout sessions, including topics such as cultural and linguistic grief support, grief support for LGBTQIA youth, what providers need to know before dealing with a death by suicide, trauma and grief in the body, childhood guilt during bereavement, how to deal with provider "compassion fatigue," and use of art and creative therapies. Attendees reported that they felt more knowledgeable and had

gained the ability to implement new best practices to support as many children as possible from all walks of life.

This conference, held at a vital time in our community, brought inspiration and connection to over 120 grief support providers, many of whom said this was our best conference yet!

Many thanks to our generous sponsors who made it possible for us to provide 35 conference scholarships: *Coldstream, LabCorp, Nintendo, Seattle Children's Hospital, and The Hudson Bay Way Foundation.*

2019 GRANTEE HIGHLIGHT

Wild Grief's four-day backpacking trips for youth who have experienced the death of someone they love gets participants out of their comfort zones and back to nature. The program helps teens work through grief in an environment that allows for both physical and emotional healing. Dani Goodman, the leader of a recent Wild Grief-sponsored hike, explained that on the first day one of the participants immediately began to share their experience with grief and loss. Because there was emotional safety already present via shared experiences, everyone in the group started chiming in and relating to things the others had felt.

From the moment they set out on the trail, nature brings people together to heal. "Wild Grief helped me find a piece of me that I thought that I'd lost," said Tristan, Wild Grief participant. "The reason I decided to do Wild Grief was because my dad used to take me and my sister backpacking and hiking a lot. I hadn't been hiking for a really long time since my dad died."

Tristan's mom, Kyra, observed that he came back with a renewed sense of life and was now moving forward in a positive way. She believes this experience will help him heal and continue providing him with coping skills for the rest of his life.

[Click here to download the 2019 donor list](#)

SCAN
HERE TO
DONATE
NOW!



DONATE TODAY

Thanks to our donors' contributions, we are making a larger impact on the community every year! Below are just a few of the ways you can contribute:

- // Mail in a check, phone in a donation, or give online
- // Become a monthly giver
This spreads your payments throughout the year, and it happens automatically so you don't even have to think about it!
- // Add SCF to your estate planning

Donating to Safe Crossings Foundation doesn't have to be in dollars.

- // Volunteer in the office or on a committee
- // Become a table captain for our annual luncheon
- // Share your personal grief journey with us

If any of these options interest you or you want to learn more about getting involved, you can:

- // Visit our website
safecrossingsfoundation.org
- // Email us
info@safecrossingsfoundation.org
- // Give us a call
206.652.4723



WIZARDS BRINGS JOY



This year, Wizards of the Coast, a subsidiary of Hasbro Inc., partnered with the Safe Crossings Foundation in the creation of toy and gift bundles for the families served by local children's organizations.

Fifteen volunteers were greeted by a gigantic mountain of toys, games, candy, and Play-Doh, all donated by Hasbro as part of this wonderful day. While the pile of games was daunting at first, after a few hours of sorting, wrapping and ribbon curling, the Wizards volunteers had turned the mountain of toys into seventy-five bundles for delivery to five local Seattle children's organizations.

After the Healing Center received their gift bundles, their Executive Director, Chase Huffman, wrote "Our families were in awe of your generosity, and we are truly grateful. Thank you all again for bringing some holiday cheer to these children during a difficult time of year."

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YOUR DONATIONS AT WORK

Due to your generosity,
the programs we fund
served over

3,412 YOUTH
in 2019

156
PROFESSIONALS
received
therapeutic training

86 KIDS & TEENS
experienced healing at
Camp Erin®-King County,
a weekend grief camp

8 AREA SCHOOLS
received specific group
and individual counseling



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We want to keep you informed about your donation dollars at work. The best way to stay up to date on what Safe Crossings Foundation is doing is by following us on social media and sharing our posts with friends.



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