



# 2019 NEWSLETTER



30 Years of Helping Children Cope with Grief

## YOU MADE A HUGE IMPACT IN 2018

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**. We also supported Art with Heart, Crisis Connections, Seattle Children's, The Healing Center and Wild Grief.



Art with Heart has created online, **interactive training and curricula**

which enables many more youth-serving professionals to easily access the tools they need to run powerful, healing grief support programs.



Forefront Cares was acquired by

Crisis Connections in September of 2018 and has changed the name of the program to CC Cares. This transition has been a great fit for the Forefront program since their mission and values align with Crisis Connections to **support families after suicide loss**. Crisis Connection served 25 kids after a suicide loss in 2018.



**THE HEALING CENTER**  
a grief support community  
adults • children • families

The Healing Center has continued to provided grief support groups for 70 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**.

*"They were able to grow as a program and have enriched their approach..."*



**Seattle Children's**  
HOSPITAL • RESEARCH • FOUNDATION

Seattle Children's implemented a Spanish-

speaking support group so children would tell their grief stories in Spanish, enabling them to better focus on their feelings rather than how to translate those feeling into English. They were able to grow as a program and have enriched their approach to be more inclusive to children's and their families' needs. Their data shows they have also expanded the **diversity of the population of bereaved families** who are now able to access their support services.



Wild Grief provided 12 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.



**Next year we will report on the continuing programs above as well as one new program, Youth Eastside Services.** They provide evidence-based mental health counseling for children and youth in East King county. Their grant will be used to help kids who are struggling with grief and trauma.



# MOM'S DEATH LEAVES HER KIDS IN SHOCK.

Thanks to you, specialized grief counseling was available and they're moving forward with their lives.

Gale Low loved life. She was happily married with three children (two daughters and a son). She worked as a special education teacher. She and her husband, Curtis, loved to travel.

But in 2012, when Gale was just 42 years old, she was diagnosed with breast cancer.

Sadly, on November 30, 2014, Gale Low died. Curtis was in shock. His main concern was his kids and how to get them through the loss of their mom.

Fortunately, the hospital where Gale received care suggested he contact Providence Hospice of Seattle's Safe Crossings Program.

"Knowing that Providence is there to walk kids through exercises that will get them to love and remember their mom is a relief," said Curtis.

Safe Crossings provided the kids with in-home grief counseling the year after their mom died. The kids did grief activities to honor her, such as making cairns and decorating flower pots. They

also learned coping skills and ways to honor their mom's legacy.

*"Dad, it was such a relief to be around girls that really know what I'm going through."*

Last year, Curtis's daughters, Faith and Trinity, attended grief camp for kids – Camp Erin® - King County.

"They met kids going through the same grief, and they could share that, and they can build friendships through that and at the same time they got to honor their mom," said Curtis.

On the way home from camp, Faith turned to her dad and said, "Dad, it was such a relief to be around girls that really know what I'm going through."

Curtis knows his kids are on the right track, healing, and moving forward.

These programs are offered free of charge, thanks to your generous donations. Because of you, this family got the help they needed.

**Thank you!**

## 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** Forefront 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



Faith & Trinity

# 2018 GRANTEE HIGHLIGHTS



## Camp Erin®-King County

"He had a BLAST and came back home with a whole different perspective on losing his Dad. It was truly amazing for me to hear him talk about camp and to witness the change in his attitude. I cannot express how grateful I am for this program. That weekend was the first time he has ever opened up about his Dad and I thank you all for that. I can see the weight has been lifted off of his shoulders and his heart. He cannot wait to return next year!"

- Camp Erin Parent

## Wild Grief teen weekend backpacking trip

"Ever since my mom, best friend, everything, died, it was hard to understand she wasn't coming back. It's like a whole new world was shown to me that was hidden in the shadows. I have been able to help kids, and understand a more beautiful side to death that took me in its hands before I took form of what kind of person I wanted to be. Sometimes in life, if you're faced with a challenge a lot of people find it easier to go back to where the challenge was not presented. However, overcoming a challenge and triumphantly standing proud and tall, looking back at all you overcame is worth the struggle and is an eternal flame in my soul that will keep on burning, no matter how hard it gets. Nothing is impossible. Sometimes you have to change yourself before you can change your life."

- Jessica

*Wild Grief program participant*

# NORTHWEST CONFERENCE ON CHILDHOOD GRIEF

Safe Crossings Foundation presented the 5th Annual Northwest Conference on Childhood Grief March 26, 2019, which focused on Connecting Children to support. It was a day full of deep learning and connection as a grief support community.

Planning the conference is a wonderful way to get to know the grief support community. Please join us in planning our 2020 conference. Send an email to [info@safecrossingsfoundation.org](mailto:info@safecrossingsfoundation.org) and we will get you connected.

## Many thanks to our generous sponsors:

*ColdStream, LabCorp, Nintendo, Seattle Children's Hospital, and The Hudson Bay Way Foundation.*



The Symposium began with Dr. David Schonfeld, a developmental-behavioral pediatrician and director of the National Center for School Crisis and Bereavement at USC. He examined the impact of childhood loss and grief experiences and how to prepare school professionals and others to support grieving youth. Each session that followed offered another layer to the solid foundation set at the beginning of the day. Attendees reported feeling more knowledgeable and having gained the ability to implement some new best practices to support as many children as possible from all walks of life.

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!
- // Think of us in 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](http://safecrossingsfoundation.org)
- // Email us  
[info@safecrossingsfoundation.org](mailto:info@safecrossingsfoundation.org)
- // Give us a call  
206.652.4723



# SUPPORT COMES IN MANY SHAPES AND SIZES



At the Safe Crossings Foundation luncheon all attendees are given a donation card to fill out. At the bottom of the card there is a box to check if you are interested in being a volunteer. Joe Carter from Sellen Construction checked that box at the last luncheon. In January, Joe talked with Marci Servizi, the Development Director at SCF, about what kind of opportunities there were for volunteers. Marci told him about committees he could join or helping at events. Joe wanted something different.

He and Marci started brainstorming and came up with a project for Joe and his team at Sellen.

For a couple of hours on a Friday morning, Joe and his team of 5 transformed the storage unit in the SCF building. The unit is in the basement of the building and looks like a scene from a horror movie. Once the Sellen volunteers were done, the unit was tidy, labelled and inventoried. "Helping SCF with this project was a fun opportunity for my team to spend time together and give back. Anything we can do to support kids," commented Joe Carter.

Thank you to Sellen Construction for their on-going financial support, but also the gift of volunteer time.

## YOUR DONATIONS AT WORK

Due to your generosity, the programs we fund served over

**1,350 YOUTH**  
in 2018

**139**  
**PROFESSIONALS**  
received  
therapeutic training

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

**13 AREA SCHOOLS**  
received specific group  
and individual counseling



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