



## PRESS RELEASE

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### FOR IMMEDIATE RELEASE

### *Calm Waters Volunteer Training Offers Chance to Give Back*

OKLAHOMA CITY, Okla. – Calm Waters Center for Children and Families, a nonprofit agency that provides free support groups to children and families, whose lives have been affected by death, divorce and other major loss, is training support group facilitators August 19 (6-9pm) and August 20 (9am-1pm).

Support groups at Calm Waters offer a safe and nurturing environment for children and families where grief can be addressed and true healing can begin. Volunteers are essential in facilitating these support groups year round. The overall volunteer experience is not only meaningful and rewarding, but also provides an opportunity to join in the spirit of giving back through a donation of time. “Everyone thinks that contributing equates to money, but that’s not always the case,” said Sheila Stevens, a Calm Waters volunteer. “Volunteering your time for a worthwhile organization is just as valuable as monetary contributions, and often people who have had a loss search for a way to use their experience to give back. Calm Waters is a perfect place to do just that.”

*Barbara J. Butner*

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*.....helping children and families in their grief journey caused by death, divorce or other significant loss*

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