



E-NEWSLETTER

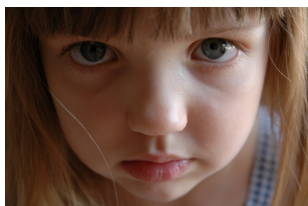
CALM WATERS

Center for Children and Families

Life beyond loss.

Fall Campaign

In recognition of our 20th Anniversary at Calm Waters and nearly 20,000 lives served, we'd like to thank you for your wise investment in our mission to heal the broken hearts of children grieving.



Through our FREE support programs, these children realize they are not alone in their grief journey, all thanks to the helping hands of people like

you, positively changing their lives forever.

We cannot continue to provide these free services for our support groups, workshops and School-based groups without your help. Your gift of \$25 enables a child to begin receiving help and \$100 ensures that child begins a full cycle of support.

With your generosity, we'll see the light of hope in the eyes of more and more chil-

dren and families who urgently need our support. Everyday, we hear how much they appreciate your help.



PLEASE WON'T YOU BE THE HELPING HAND FOR A CHILD IN PAIN?

To donate, please go to the Calm Waters website:

<http://calmwaters.org/donate/>

Inside this issue:

Life Beyond Loss	2
Progressive Car Giveaway	2
Volunteer of the Year	2
New Employee	2
Program Schedule	3

Dates of Interest

- ♦ 2012 Dine Out (February 23, 2012)
- ♦ 2012 Golf Classic (April 23, 2012)
- ♦ 20th Anniversary Celebration (May 17, 2012)

Volunteer Training

At Calm Waters, our volunteers are the backbone of our organization. Annually, approximately 100 volunteers facilitate small groups, serve on the Calm Waters board of directors or assist with special events and administrative duties. Calm Waters' volunteers come from all walks of life, but all share a sincere desire to be part of the healing process for the families that we serve.

The first volunteer training of 2012 will be Friday, January 6th from 6:00 to 9:00 p.m. and continue Saturday, January 7th from 9:00 a.m. to 1:00 p.m.

Pre-registration is required. Volunteer application forms are available online at www.calmwaters.org. For more information on the application process contact Maribeth Govin at 841-4800 or Maribeth@calmwaters.org.

LIFE BEYOND LOSS

Calm Waters, LOYAL, (Linking OKC's Young Adult Leaders) and local area BancFirsts are working together to help raise awareness of Oklahoma's grieving children by promoting "Life beyond loss" ornaments.



How can you help?

Please consider honoring a loved one. Donate \$10 or more to Calm Waters and receive a "Life beyond loss" ornament. Your gift will allow even more children to attend Calm Waters' free Center-based and School-based groups.

If you would like an ornament, all BancFirst locations within the local area are offering "Life beyond loss" ornaments in their bank lobbies.

Thank you for supporting Calm Waters!

Progressive Insurance Car Giveaway

Monday, November 28th was a great day for one Calm Waters' family! A grandmother who is raising her three young grandchildren (due to the death of her 29 year old daughter) received a donated Kia Sedona Minivan!

All of us at Calm Waters are grateful to Progressive Insurance and 21st Century Automotive

Collision... for making this Thanksgiving one to remember.



See the following links <http://newsok.com/article/3625418>

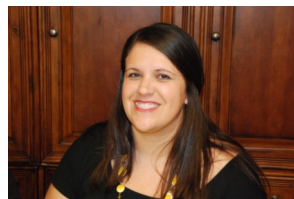
<http://www.news9.com/story/16113680/struggling-grandmother-thankful-for-transportation>

Volunteer of the Year

On November 2, Calm Waters celebrated their wonderful volunteers with a hot dog bonanza! The evening was full of fun and laughter.



John Cloud, a Chesapeake Employee was awarded the volunteer of the year!



**WELCOME
LISA RIGGS**

Please help us welcome Lisa Riggs to Calm Waters. Lisa is the new Development Coordinator!



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CALM WATERS
Center for Children and Families
Life beyond loss.

Calm Waters helps children and families in their grief journey caused by death, divorce, or other significant loss.

Calm Waters continues to grow and evolve. An increasing need for grief and divorce support groups has been demonstrated by the leap from serving 47 children and parents in 1992 to directly serving over 2,500 individuals in fiscal year 2011. This surge in outreach and growth has been made possible through Calm Waters' affiliation with United Way of Central Oklahoma since 2007, as well as the initial creation and perpetual development of the Calm Waters' School-Based Grief Support Group program. Additionally, Calm Waters has expanded their services to include court-approved Parenting through Divorce seminars, Grief Training for Volunteers, Counselors, Educators, Communities and Tribes, and local Speakers Bureau opportunities state-wide.

Program Schedules

Center Groups:

Grief—(Mondays)

Grief I (2nd/4th) - begins on January 9

Grief II (1st/3rd) - begins January 16

Divorce (Tuesdays)

Divorce III—runs from January 10-February 28

Divorce IV—runs from March 27—May 15

Divorce (Thursdays)

Divorce III—runs from January 12 to March 1

Divorce IV—runs from March 29 to May 17



Parenting Through Divorce

Wednesdays (5:30 to 9:30 p.m.)

January 11 February 8

March 7 April 4

May 2 May 30

June 27 August 22

Saturdays (9:00 a.m. to 1:00 p.m.)

January 28 February 25

March 24 April 21

May 19 June 16

August 11 September 1