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Calm Waters to Host Free Winter Grief Workshop for Children and Families

OKLAHOMA CITY— Calm Waters Center for Children and Families will host a free winter grief workshop on Thursday, Dec. 10, from 6 to 7:30 p.m. at its center, located at 501 N. Walker Ave., Suite 140, in Oklahoma City.

The workshop, *Coping with Grief Through the Holidays*, will provide children ages 3 and older and adults with practical ways to navigate grief during the winter holiday season. For families experiencing the loss of a loved one, familiar traditions and celebrations can bring added challenges. Calm Waters offers a compassionate environment where grieving individuals can connect with others who understand their experiences and learn ways to navigate the season.

“The holidays can feel overwhelming when someone you love is missing,” said Trisha Koelsch, Calm Waters Chief Executive Officer. “We hear from families every year that they don’t know how to celebrate when the absence feels so heavy. This workshop gives them tools, but more importantly, it gives them connection. It’s a reminder that they are not alone.”

The evening will include separate activities for children and adults. Children will participate in a hands-on craft activity to remember their loved one, while adults will have the opportunity to share their grief stories, learn practical coping strategies, and engage in thoughtful discussions on ways to preserve family traditions while navigating loss.

“The holiday season often magnifies feelings of isolation and sadness for families who are grieving,” said Bailey Maxey, Calm Waters Senior Director of Programs and Outreach. “For many, it’s hard to know how to celebrate when the absence of a loved one feels so profound. Our workshop is designed to provide comfort, help families connect with others

who understand their grief, and offer practical ways to keep their loved ones' memories alive while still finding moments of peace and joy."

The December 10 workshop is free, but space is limited. Registration is required. To reserve a spot or learn more, visit calmwaters.org/our-services/winter-grief-workshop/ or call Calm Waters at (405) 841-4800.

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About Calm Waters Center for Children and Families

Calm Waters provides grief support services for children, individuals, and families on their grief journey caused by death, divorce or other significant loss. Since beginning in 1992, Calm Waters has impacted more than 94,000 Oklahomans. For more information about Calm Waters and their services, visit calmwaters.org.

Link to photos:

https://www.dropbox.com/scl/fo/lkyur96iueqs0k6sauchh/AB3hQRaIQIRknZGtot5ZVPw?rlkey=447g829ynu0lqovr8tz0ln5cr&st=848vcxwb&dl=0