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Calm Waters Launches Fall Series of Grief and Divorce Support Groups

OKLAHOMA CITY – Calm Waters Center for Children and Families, Oklahoma's largest grief center, has launched its fall semester of free grief and divorce support groups for children, teens and adults navigating the loss of a loved one or the changes brought on by divorce or separation.

Groups meet every other week in the evenings at Calm Waters' downtown Oklahoma City center, 501 N. Walker Ave., Suite 140, with virtual options available for adult grief and divorce support groups. Sessions follow an eight-week research-informed curriculum developed by Calm Waters' onsite therapists. Adult participants are grouped by type of loss, while children are grouped by developmental age, beginning at age 3. Each group is led by two trained facilitators and typically includes two to 15 participants.

"After losing a family member to suicide, I didn't really know how to process everything I was feeling," said a Calm Waters support group participant. "Being in a group with other people who had experienced a similar loss helped me feel understood and less alone. It was comforting to know I wasn't the only one trying to figure out how to move forward."

Support groups are offered at no cost, and registration remains open throughout the semester with no waitlist.

"As a former Calm Waters client, I know firsthand the difference a supportive community can make during a difficult season of grief," said Trisha Koelsch, Chief Executive Officer of Calm Waters. "Our support groups give people a place to connect with others who have experienced loss and learn healthy ways to navigate their grief."

With nearly one in 10 Oklahoma children expected to experience the death of a parent or sibling by age 18, the need for accessible grief support remains significant. Oklahoma also consistently ranks among the states with the highest divorce rates, further highlighting the need for support for children and families navigating loss and change.

To learn more or register, visit www.calmwaters.org or contact Center-based Program Coordinator Riley Acuff at riley@calmwaters.org.

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Calm Waters Center for Children and Families 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/xkbmz1aq1gj8bkvh8m9dh/AJqGLVgFBoFHkaEPQEoQjh8?rlkey=dcsp0iqm8n29ujzw6ut5llets&st=o3n41wy1&dl=0