About Us

Calm Waters Center for Children and Families was founded in 1992 when a tenacious mother was desperately searching for grief support for her nine-year-old son, Jason. Now, 32 years later, Calm Waters provides a wide array of grief support services, offering hope to those who are struggling to envision a life beyond their all-encompassing grief.

Calm Waters' research-based curriculum is designed to encourage people to share their experiences in a safe environment to process and navigate feelings such as sadness, loneliness, and anger.



Camp Courage participants, Calm Waters' art therapy camp for grieving Oklahoma children.

Volunteering

Calm Waters support groups would not be possible without volunteer facilitators. Volunteers must complete Calm Waters grief theory training and commit to a 6-month support group series (8 sessions total).

To learn more about all of Calm Waters' volunteer opportunities, visit calmwaters.org

MISSION:

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

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CalmWaters.org

501(c)3 nonprofit organization
FEI: 73-1561707

UNITED WAY
Central Oklahoma

MORE THAN 84,000 OKLAHOMANS SERVED SINCE 1992

calm waters



CENTRAL OKLAHOMA'S GRIEF SUPPORT CENTER

since 1992

Grief in Oklahoma

Calm Waters is central Oklahoma's only grief center. Since 1992, Calm Waters has continued to expand its service capacity and develop innovative strategies to meet the community's need for effective, affordable, evidence-based grief support programming.

- **1 in 10** children in Oklahoma - approximately 93,000 people - **will lose a parent or sibling by the age of 18**
- Oklahoma ranks in the **top ten nationally** for **suicide rates**
- Oklahoma has a **high divorce rate of 3.7 per 1,000 people**, exceeding the national rate of 2.4
- **Incarceration is at a rate of 863 per 100,000** Oklahomans, far above the national rate of 355



Calm Waters' founder, Charlotte Lankard, and Jones Family, grief group participants.

Addressing grief in healthy, constructive ways improves emotional well-being, strengthens relationships, and reduces the risk of long-term mental and physical health challenges.

How to Give

As a 501(c)3 nonprofit organization, Calm Waters depends on financial support from grants, corporations, special events and individual donors.

$35 provides free grief support for 1 child
$150 provides free grief support for 1 family

DONATE TODAY AT CALMWATERS.ORG/GIVE

7,806
children & families impacted
July 1, 2024 - June 30, 2025

84,043
children & families impacted
since 1992

2,787
students and families benefitted from
School Support Groups

653
parents attended the
Co-Parenting Seminar

1,282
clients and families benefitted from
Private Counseling

1,575
individuals received
Grief Training

703
individuals attended
Grief Support Groups

180
individuals attended
Divorce Support Groups

75
medical residents & students received
Grief Support & Education

458
people served through
Community Partnership Programming

15
organizations served through
Community Partnerships

258
detained individuals received
Incarcerated Grief Support

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Our Services

GRIEF SUPPORT GROUPS

Grief support groups for adults and children (ages 3+) meet every other week from September to June. Children are grouped by developmental age. Adults are grouped by type of loss. Attendance is free with online registration.

Adult Support Groups:

- Death of a Loved One
- Death of a Partner
- Death of a Child
- Spanish-Speaking General Loss
- Miscarriage, Infertility and Stillbirth Loss
- Suicide Loss
- Traumatic Loss

DIVORCE SUPPORT GROUPS

Divorce support groups for adults and children (ages 3+) meet every other week from September to June. Attendance is free with online registration.

SUPPORT GROUPS IN SCHOOLS

Student Support Groups are available to schools for PreK-12 students dealing with death, divorce, deportation, foster/adoptive care, incarceration or deployment. Attendance is free with online registration.

COUNSELING CLINIC

Private grief counseling sessions for children, adults, families and couples are available on a sliding scale. We accept most insurances as well as SoonerSelect. Private consultations are available as well.

CAMP COURAGE

One day art therapy camp for children who have experienced or are anticipating the death of a loved one. Camp Courage provides a safe and healing environment allowing children to express their feelings of loss through art.

additional services...

CO-PARENTING SEMINARS
COMMUNITY CRISIS SERVICES
PROFESSIONAL DEVELOPMENT