FOR IMMEDIATE RELEASE
November 2, 2026

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Calm Waters Recognizes National Children's Grief Awareness Day with Butterfly Window Campaign

OKLAHOMA CITY— In recognition of National Children's Grief Awareness Day on Nov. 19, Calm Waters Center for Children and Families is honoring those who have died through its annual Butterfly Window Campaign, a community tribute featuring the names of loved ones submitted by grieving families.

Located at 501 N. Walker Ave., Suite 140, in downtown Oklahoma City, the display features butterflies bearing the names of loved ones who are deeply missed. Calm Waters invites clients and community members to participate by submitting names, creating a shared space for remembrance and recognition of the many families navigating grief.

"Grief can be especially difficult for children as the holidays approach," said Trisha Koelsch, CEO of Calm Waters. "We hope this display reminds grieving children and families that their loved ones are not forgotten and that they are not alone in their grief."

National Children's Grief Awareness Day brings attention to the needs of children who have experienced the death of a loved one. In Oklahoma, an estimated 1 in 10 children will experience the death of a parent or sibling before age 18, representing approximately 98,000 children statewide.

For many families, the holiday season can bring renewed feelings of loss as they navigate traditions, family gatherings and milestones without someone they love. Calm Waters works to ensure children and families have access to support as they learn to navigate life after loss.

As Oklahoma's largest grief agency, Calm Waters provides free grief support services to children and families experiencing loss due to death, divorce or other significant life changes. Through age-based support groups both in schools and at the center, private counseling, and grief education resources, the organization helps children and adults understand their grief and connect with others who have experienced similar losses.

"No child is too young to grieve," said Heather Gaglio, LMFT, Clinical Director of Calm Waters. "Children need opportunities to express their feelings and process loss in ways that are appropriate for their age and development. Having a supportive space where they can do that makes a meaningful difference."

Calm Waters offers free grief support groups for children ages 3–18, with groups organized by developmental age. The organization also provides private counseling for individuals and families who need additional support.

For more information about Calm Waters' programs and services, visit CalmWaters.org. Those who would like to honor a loved one are invited to submit their name for the display at https://forms.cloud.microsoft/r/11u0YPgZ7R.

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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/gxybpvsoepxd3yfoclwqc/AMMDUkJScs6dQP468rAk7kU?rlkey=p2acht2aer57v3i3a5tv6qgfy&st=ubxg4634&dl=0