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



**OUR MISSION:**  
HELPING CHILDREN  
AND FAMILIES IN THEIR  
GRIEF JOURNEY  
CAUSED BY DEATH,  
DIVORCE OR OTHER  
SIGNIFICANT LOSS.

**MORE THAN 60,000  
OKLAHOMA FAMILIES  
SERVED SINCE 1992**

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Amberly and Ethan,  
grief group participants



**OKLAHOMA CITY'S  
GRIEF SUPPORT  
CENTER**

*since 1992*



*calmwaters.org*

# About Us

Founded in 1992, Calm Waters Center for Children and Families is a nonprofit organization dedicated to helping children and families in their grief journey after a death, divorce or other significant loss by providing FREE support groups at our center and in schools, private pay counseling and consultation, co-parenting seminars and workplace crisis services.

Our research-based curriculum is designed to encourage you to share your experiences in a safe environment as you process grief and navigate feelings such as sadness, loneliness and anger.

Support group attendance at our center starts and stops according to each person's situation and needs.

# Volunteering

Calm Waters support groups would not be possible without the generosity of time from our dedicated community volunteer facilitators. Our facilitators receive free grief theory training and work with adults or children once a week or twice a month under the supervision of our in-house therapists.

Volunteer requirements include an in-person interview, 2 references, background check and a 3- to 6-month commitment. Volunteering also fulfills many practicum hour/college volunteer requirements. Call us at 405-841-4800 to begin.



Learn more  
by visiting  
[calmwaters.org](http://calmwaters.org)

# How to Give

As a 501(c)3 nonprofit organization, Calm Waters depends on financial support from grants, corporations, special events and individual donors. For example, a \$35 gift allows one child to attend one support group session and a \$150 gift provides one family a one evening of grief support.

Individuals who give \$1,000+ and corporations who give \$5,000+ join the prestigious Charlotte Lankard Giving Society, named after our founder, Charlotte Lankard, LMFT.

**DONATE TODAY AT CALMWATERS.ORG/GIVE**



"CALM WATERS TAUGHT  
ME TO SWIM IN A  
SINK OR SWIM SITUATION."  
- Trisha



Trisha and Zayden,  
grief group participants

# Our Services

## GRIEF SUPPORT GROUPS

Grief support groups for adults and children (ages 3+) meet 6:30 - 7:30 p.m. every other Monday evening, 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
- Miscarriage, Infertility and Stillbirth Loss
- Suicide Loss
- Homicide Loss

## DIVORCE SUPPORT GROUPS

Divorce support groups for adults and children (ages 3+) meet 6:30 - 7:30 p.m., every other Thursday evening, September to June. Attendance is free with online registration.

## SUPPORT GROUPS IN SCHOOLS

We provide FREE facilitator training, 9 weeks of curriculum and facilitators when available to schools for K-12 students dealing with death, divorce, deportation, foster/adoptive care, incarceration or deployment.

## COUNSELING CLINIC

Private pay counseling sessions for children, families and couples are available on a sliding scale. We accept some insurance and SoonerCare. Private consultation is \$60 a session, 3 session max.

*additional services...*

**CO-PARENTING SEMINARS (\$55)**

**WORKPLACE CRISIS SERVICES**

**GRIEF SUPPORT FOR  
INCARCERATED OKLAHOMANS**