

SEASONS CENTRE  
FOR GRIEVING CHILDREN

*Healing Hearts with Hope*



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# IMPACT REPORT

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## PARTICIPANT STORY

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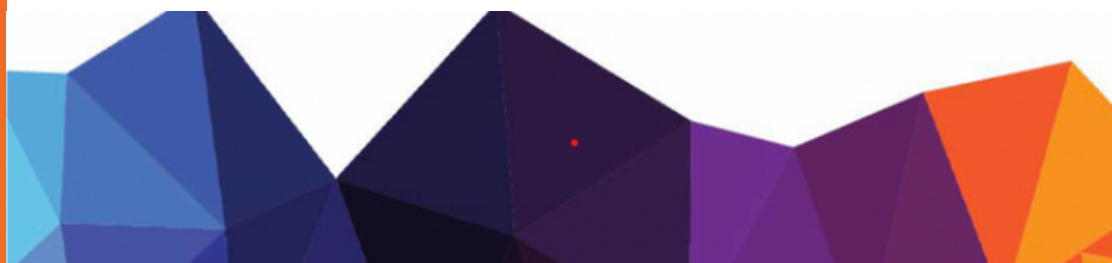
*Life can be full of surprises, both good and bad, and the greatest of these can sometimes be the most unexpected. I never truly understood all aspects of support until one day the world I once lived in collapsed around me and I was left with only one goal: to focus on my children's well-being.*

*That's when I discovered Seasons Centre for Grieving Children. This organization provided invaluable support for my children, helping them to better understand their feelings and cope with the loss of their mother at such a young age. The staff were incredibly caring and devoted to helping my children gain the tools they needed to understand and embrace life. "Grieving through play."*

*Twelve years later, I am happy to say that my grown children have embraced life and are living happily. I am incredibly grateful to Seasons Centre in Barrie for the help they provided to my children.*

*Thank you to Seasons Centre supporters like you, children can grow through their grief journeys.*

**The Fraser Family**



# A MESSAGE FROM OUR EXECUTIVE DIRECTOR AND MANAGING DIRECTOR

2023 was a year of growth and an evolutionary mindset with the ultimate goal of building an upstream model of grief and bereavement support. Together, with your commitment we were able to support over 600 individuals grieving the death of their loved one(s).

Our programs continue to thrive with significant growth in our school program, while we continued our virtual program, we also saw an increase in support groups for survivors of suicide and substance use related deaths. Through CSRF funding we were able to hire a Multicultural Engagement Coordinator to focus on understanding how our centre can be a more welcoming place for everyone.

We made a strategic decision to pioneer a new partnership by joining forces with Hospice Simcoe to establish a comprehensive spectrum of end-of-life care and bereavement services under one umbrella. As a united entity, individuals and families seeking assistance will encounter a more integrated and efficient approach to accessing the care they need. United, our mission would foster a community where individuals and families can find healing, hope, and a path forward through grief and end-of-life care.

We are excited to provide a more personalized care journey for bereaved children and their families, adding one-to-one support to our suite of peer group support services. A comprehensive review of such a possibility is being undertaken by both “Seasons” and “Hospice” with an eye to 2024 to bring this to fruition.

We sincerely appreciate our network of volunteers, buddies, committees, donors, staff and board members. They are the true strength and unsung heroes behind Season Centre’s success. We look forward to continuing our partnership with you and working together towards to heal more hearts with hope for many years to come.



**Kelly Hubbard**  
Executive Director



**Rowley Ramey**  
Volunteer Managing Director

## VISION AND MISSION

Seasons Centre for Grieving Children provides support and education for bereaved children, youth, and caregivers within the diverse communities we serve.

To create spaces for bereaved children (and their caregivers) to explore, share and find support in their grief.



# YEAR IN REVIEW

- We ran 25 grief support groups for children and youth 5-24 years old and their caregivers, including virtual sessions, serving participants from as far as Ottawa.
- Added 1 new Survivor of Suicide and 2 new Substance Use Related Death groups to meet the needs of our participants.
- 50% more grandparents began attending groups with their grandchildren as their caregivers after the children had experienced the death of a parent.
- Hosted 4 grief program sessions for children aged 5-12 to continue support through the summer months.
- Partnered with the Toronto Art Therapy Institute to offer 6 grief-focused art therapy sessions
- Hosted Camp Skein in collaboration with Camp Maple Leaf, supported 75 attendees aged 7-17 engaging in grief-focused activities to learn to cope with their emotions and share memories in a safe space
- Hired a Multicultural Engagement Coordinator through the Community Services Recovery Fund to create a more inclusive centre.
- For Children's Grief Awareness Month, we hosted a flag raising at City Hall and lit the town blue with 15 partners to show children they are not alone in their grief.
- Hope and Hope's team hosted and joined events with organizations throughout our communities. A highlight was attending Parliament hill and meeting Premier Ford, along with MPP Downey, MPP Khanjin and others.



# COMMUNITY BUILDING

## Multicultural Outreach



Seasons Centre has actively forged connections with culturally diverse communities within the Simcoe County region. Employing a culturally humble approach, we have done extensive research into various cultural perspectives and traditions increasing our knowledge pertaining to death and bereavement. We steadfastly continue our commitment to inclusivity for everyone and enhancing our organizational knowledge of multiculturalism. We are actively learning the grief needs of multiculturally diverse communities. We are dismantling systemic barriers by building connection and trust to offer a welcoming haven for all, now and in the future.

## Enhancing Community Capacity



Our Executive Grief Ambassadors continue to turn their grief into purpose by sharing their stories and supporting our mission to build a community of hope and healing. Our Outreach program provided grief facilitator training at the Maison McCullough Hospice in Sudbury. Participants enjoyed learning about grief responses depending on the age of a child and how to support them, especially in a peer support group session. This training was designed to raise awareness about our distinctive program among various communities and to empower our community partners to offer trauma-informed grief support.

## Advocacy and Education



Our annual Education Day in 2023 focused on cultivating resilient children and families. Keynote speakers discussed topics on healthy relationships in family systems, understanding autonomy, creating dependence and strategies to support children working through difficult feelings. We co-hosted the third annual Canadian Alliance for Children's Grief Symposium "The Many Faces of Children's Grief" in November where our Outreach Manager Joan Kennedy presented. The 2023/2024 School Program saw a 50% increase in the number of children's grief groups within Simcoe County. We provided peer support sessions to a high school in Toronto for teens after the death of a fellow student. The Critical Incident Stress Information Sessions program provided support to teens after the death of a peer in the South Simcoe area

## Fundraising and Events



Over 200 guests attended our 27th annual "Tender Hearts Gala, the participation from guests, donors and sponsors raised over \$140,000! We hosted successful Autumn Reception and Holiday Hugs events, showcasing strong community support. Through year end campaigns: Light the Town Blue, #Giving Tuesday and our Holiday Hope Campaign including a generous \$40k matching gift we raised \$285,095. Fundraising events are the basis of our funding, and these events would not be possible without the generous support of our sponsors, donors, and event participants. Event proceeds directly benefit families at Seasons Centre.



*Our mission at work!*

SEASONS CENTRE  
FOR GRIEVING CHILDREN

# 2023 BY THE NUMBERS



9 Staff Team



100+ Volunteers

2459+ hours contributed  
= \$82,352 donation value

source: Independent Sector

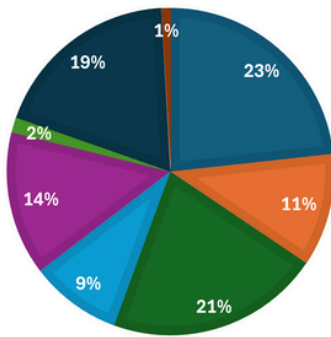


602 People Supported

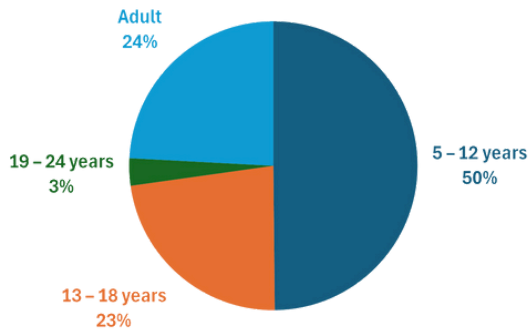
## GRIEF SUPPORT GROUPS

CAUSE OF DEATH OF DECEASED (BY %)

■ Cancer ■ Heart ■ Other Illness ■ Accident ■ Suicide ■ Murder ■ AOD ■ Unknown



AGES OF PARTICIPANTS



## THE NEED FOR GRIEF SUPPORT



1 in 14

Youth in Seasons Centre's service area will experience the death of a parent or sibling by age 18

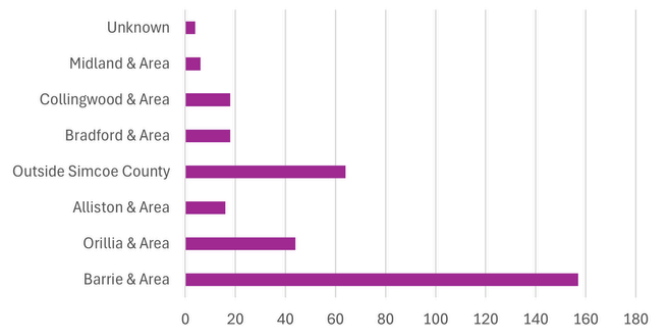
10,000

children are estimated in Simcoe County to be without Seasons Centre's support



Source: [www.childrenandyoungriefnetwork.com](http://www.childrenandyoungriefnetwork.com)

WHERE OUR PARTICIPANTS LIVE





## THANK YOU FOR BEING THE DIFFERENCE!

We deeply appreciate our generous supporters for joining hands with us to give hope and healing during difficult times. Whether through memorial gifts, monthly contributions, stocks, shares, bequests, corporate donations, or foundation grants, every act of giving makes a significant impact. Your support allows families in our communities to receive no cost grief support during the toughest times of their lives.

We extend our heartfelt thanks to those who organized third-party fundraisers for Seasons Centre, as we are actively trying to revitalize this crucial revenue stream. We would also like to acknowledge the businesses who have sponsored or donated gifts and services in-kind to support our fundraising events and initiatives. And to all the amazing volunteers who generously give their time and talents throughout the year, none of this would be possible without your support. Thank you!

*“My dad died by suicide last year. It is helpful for me to talk to other people, including kids who can relate to me. My brother and I always look forward to coming to Seasons Centre. My favorite part is the friends I’ve made and having fun. Thank you to all of the supporters who help keep the Centre open.”*

Sophie-Claire, Seasons Centre Participant



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Charitable Business Number:  
134433234RR0001



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