

# IMPACT REPORT

## 2024



25 YEARS OF GRIEF SUPPORT FOR ALL

Dear Community,

As we celebrate the 25th anniversary of Children's Bereavement Center and our Lift from Loss adult programming, I am extremely grateful to each person who has helped us bring our mission to life. From one support group serving only eight children in 1999, we have now grown into South Florida's trusted, research-based grief support organization providing services to over 1,000 individuals each year following the loss of a significant person.

This past year has been one of incredible growth. Thanks to our group participants alongside the unwavering support of our dedicated Board of Directors, donors, volunteers, staff, and compassionate community partners, we have expanded our programming, allowing us to serve more people than ever before.

This annual report is not only a reflection of what we have accomplished, but also an inspiration for what lies ahead. Each year, with your help, we come closer to realizing our vision for a more grief-informed community that provides grief support to all. Thank you for being an essential part of our CBC family as we work together to ensure that no one grieves alone.

With immense gratitude,



**Debra Albo-Steiger, LCSW | CEO**

Children's Bereavement Center | Lift From Loss

# A MESSAGE FROM OUR CEO





# ABOUT US



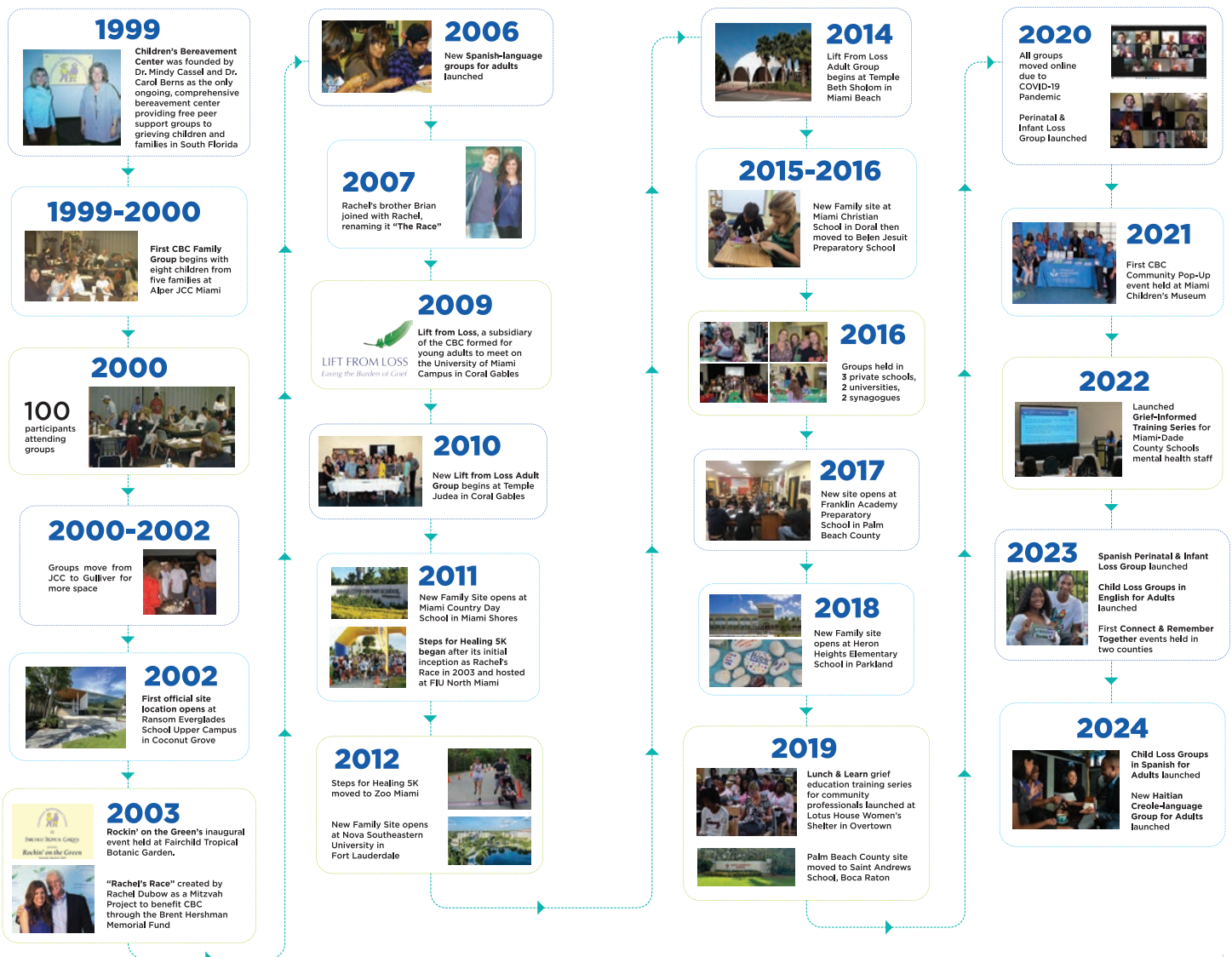
## MISSION:

Our mission is to empower children, teens, adults, and families to adjust to life after the loss of a loved one within a supportive community of their peers and to promote healthful grief, healing, and growth.

## VISION:

Our vision is to restore a sense of hope for the future to children and families who have lost a loved one and to establish Children's Bereavement Center's model of peer support as the best practice model of child and family bereavement services.

## CBC OVER THE YEARS



# PEER GRIEF SUPPORT GROUPS

## About CBC Groups

CBC provides **free-of-cost, weekly, year-round** peer grief support groups that provide a safe space for individuals over the age of four to heal and build resilience after the loss of a significant person. CBC provides a total of 17 peer grief support groups, including dedicated groups for parents who have lost a child of any age and another group for parents who experience a loss during pregnancy or infancy. Adult groups are offered in **English, Spanish, and Haitian Creole**.



## By the Numbers

1,007

individuals served in 2024  
(14% increase from last year)

2,762

instances of participants  
attending groups

## Participant Data



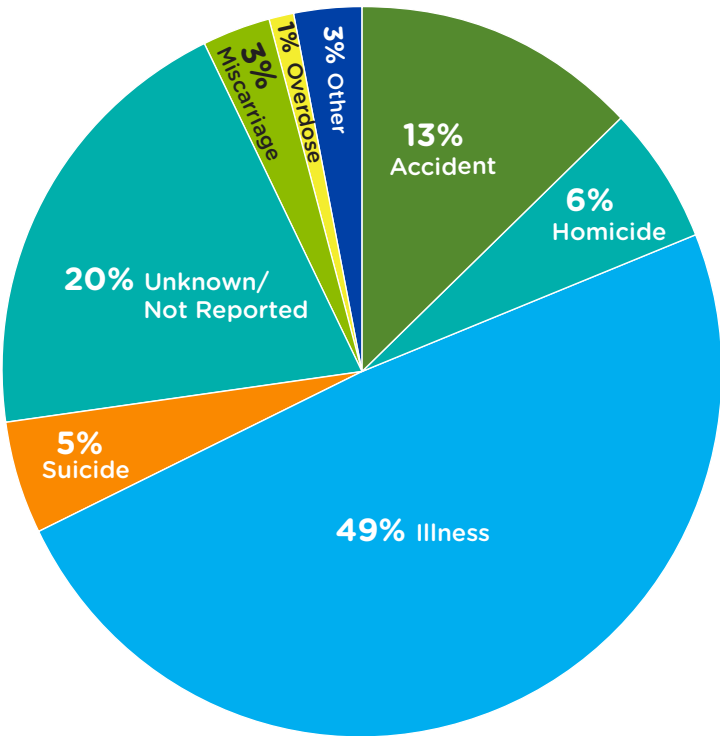
**96% of group participants** reported that CBC services are beneficial.

Participants in our grief support groups displayed statistically significant reductions in emotional grief and nonacceptance of loss, along with substantial growth in recognizing personal strength, identifying new possibilities, and healthier coping strategies, including increased positive reframing and decreased self-blame.

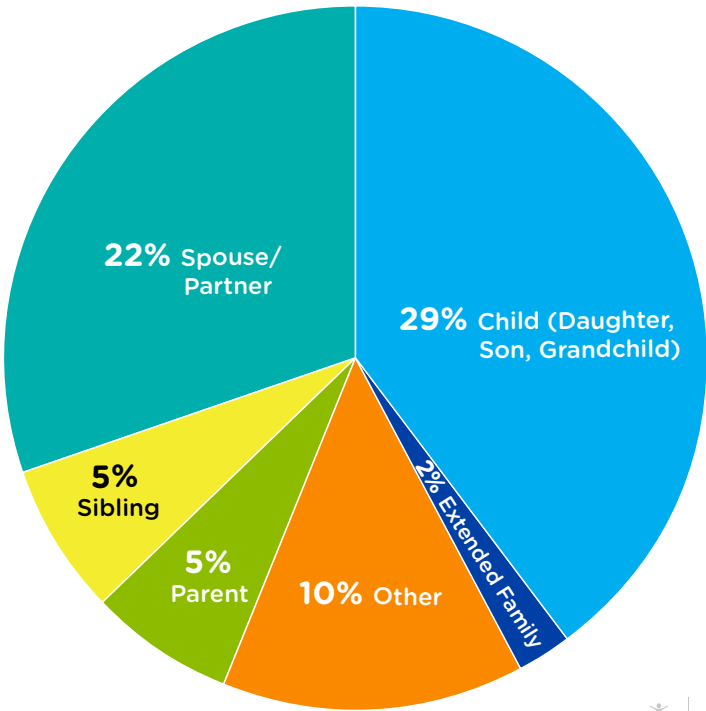


**9 in 10 group participants** would recommend the CBC to a family member or friend

Cause of Death  
of Participants' Deceased  
Significant Person




Participants' Relationships  
to the Deceased







## OUR IMPACT



“ Las reuniones en los CBC Nos ayudan a mi hija y a mi a poder sobrellevar día a día nuestro duelo. (The CBC groups help both my daughter and me cope with our grief day by day.) ”



“ My heartfelt gratitude for the incredible support and resources that this group has provided throughout my healing process. From the beginning, I found solace in knowing that I was not alone in my journey. ”



“ It has been wonderful to connect with others who are experiencing the same feelings as I am. It makes me know I'm not alone. ”



SCAN TO HEAR FROM OUR CBC GROUP PARTICIPANTS



# OUTREACH

## About CBC Outreach

Through community outreach, CBC builds strong relationships with schools, health care providers, faith-based organizations, nonprofit organizations, and other community-based agencies to address the impacts of grief and loss by connecting individuals and families to our free programs. Our six Outreach Coordinators deliver presentations throughout the year to organizations across South Florida, particularly in high-need communities, in order to reduce barriers and increase access to essential grief support for children, teens, adults, and families.







## Outreach By the Numbers

**83** presentations facilitated to increase awareness of grief support resources.

**4** Connect and Remember Together events hosted across South Florida, engaging **250** participants in meaningful art and music therapy activities. These events raised awareness and helped reduce barriers to accessing our free grief support programs.

**300** individuals engaged in meaningful dialogue and connection through our "Conversations with CBC" series.

**22,198** community members served across South Florida through community outreach programming.

### PARTNER SPOTLIGHT



#### Centro Campesino

CBC partnered with Centro Campesino to host a bilingual Connect and Remember Together event in Florida City, providing culturally sensitive grief support, resources, and school supplies to over Spanish and Haitian Creole speaking children, teens, and families in South Miami-Dade.





# COMMUNITY

## CBC in the Community

Through our community-based initiatives, CBC has formed impactful partnerships across Miami-Dade, Broward, and Palm Beach Counties to bring grief support services directly to the community. Grounded in our Healthful Grieving Model, children engage in therapeutic activities centered around self-awareness, empathy, positive peer relationships, and positive coping skills following the loss of a significant person.



## CBC in Schools

Through our school-based programming, children learn how to understand and work through complex emotions, such as anxiety and grief through healthy outlets, including art and mindfulness activities. CBC partnered with Arts4Learning to offer after-school programming with tailored psychoeducational activities for 4th and 5th grade students at Finlay Elementary School in Miami.



## CBC in the Faith-Based Community

CBC partnered with churches, synagogues, and community centers across South Florida including Zion Lutheran Church, CARE, Sweet Home Church, Mt. Calvary Baptist Church, Aventura Turnberry Jewish Center, Temple Sinai, and Beth Torah. In collaboration with Mishkan Miami under the Greater Miami Jewish Federation, CBC expanded our grief support programming through an “Extended Shiva Project” which served over 325 individuals.



## CBC in the Children’s Village in 2025

In 2025, CBC will open its first partnership site at the Children’s Village at Lotus House in Overtown, joining a collective model with 11 other community partners. Together, we are building a supportive network that addresses the educational, mental, emotional, and basic needs of children and families in the community. Through this partnership, CBC will provide on-site grief support, outreach services, training, and psychoeducational programming for children, teens, adults, and families residing in Miami-Dade County’s highest-need communities.





# GRIEF INFORMED TRAINING



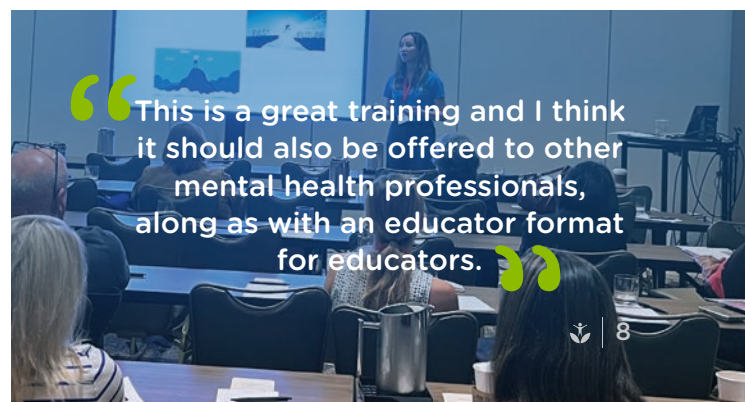
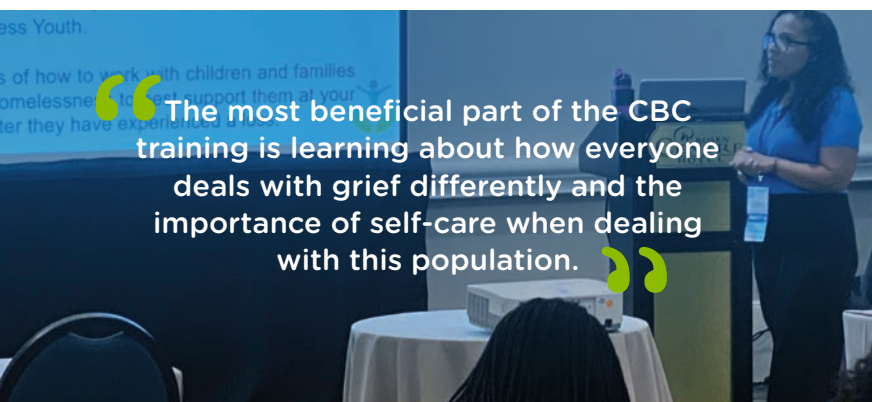
CBC offers grief-informed training, tailored education, and consultation services for health care agencies, schools, and nonprofit organizations throughout South Florida. Our programs address the unique ways grief manifests across different stages of life and provide practical approaches to compassionate, effective grief support within diverse multicultural contexts, both individually and in community organizations.

## By the Numbers

**225** community and school-based professionals trained, including behavioral health staff and counselors from the School District of Palm Beach County

**90%** of professionals trained by CBC integrate CBC's grief support strategies into their professional roles, leading to direct referrals to CBC and the creation of ongoing support networks within schools, healthcare systems, and nonprofit organizations, ensuring accessible grief support for our community.

**309** individuals increased their grief literacy through CBC's "Lunch and Learn" forums, which provide grief education for professionals. These forums, led by renowned experts, focus on pressing issues impacting South Florida and offer additional ways to support grieving children, teens, adults, and families who may otherwise lack access to grief care.





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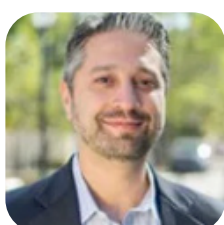
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	MK Real Estate Group Inc	Whole Foods Market
	Molly Shepard	Woman's Relief Association, Inc.
	Moments Hospice	Yagoda & Lehrman Law Firm LLC

# FINANCIALS



\$1.39







million raised



We've earned our Platinum Seal of Transparency!



We've earned a Charity Navigator Four-Stars rating!

	48%	Grants
	31%	Events
	10%	Individuals, Corporations, and Family Foundations
	1%	Program Income
	9%	Investment Income
	1%	In-Kind





## WAYS TO GET INVOLVED

To become a  
CBC Supporter, visit

**CBCGiving.org**



### VOLUNTEER/COMMUNITY SERVICE HOURS

Join us at events and help us as we reach more grieving families. Coordinate special projects, supply drives and activities for participants.



### BECOME A GROUP FACILITATOR

Qualified mental health professionals help engage and guide participants in CBC grief support groups as they process loss.



### DONATE

Donations help grieving children, teens, and adults with peer grief group support groups, referrals, and resources completely FREE.



### REFER

Refer anyone who has lost a loved one to receive grief support or resources.



### SUBSCRIBE TO OUR NEWSLETTER

Stay in the loop on all CBC services, events and updates. Scan this QR Code to subscribe to our newsletter and spread the word!

Children's Bereavement Center is thankful for its donors, volunteers, training attendees, and community partners. This impact report acknowledges the financial contributions of our supporters whose cumulative financial contributions total to \$1,000 or more between January 1 - December 31, 2024.



# THANK YOU!



Lift From Loss For Adults  
Children's Bereavement  
Center

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