



Children's Bereavement Center

Lift From Loss For Adults

# IMPACT REPORT

2025



PROVIDING GRIEF SUPPORT FOR ALL SINCE 1999

# A MESSAGE FROM OUR CEO



**Children's Bereavement Center**  
**Lift From Loss For Adults**



Dear Community,

I am deeply grateful for the support that you have shown Children's Bereavement Center (CBC) and our Lift From Loss adult program over the past year. It is because of your dedication to our CBC mission that we were able to provide services to grieving members in our community who experienced the death of their loved ones. Together, we created safe and caring environments that embodied our mission to empower children, teens, adults, and families to adjust to life after loss. You kept us energized and committed to this important work of providing free grief support for all.

This year, our impact was felt far and wide. We served individuals and families across Miami-Dade, Broward, and Palm Beach Counties, with extended reach to national and international audiences. Through the positive impact of our peer grief support groups, grief-informed training, partnerships, and visibility in the community, CBC continued to advance an over two-decade legacy of delivering high-quality grief support. By observing and listening to the individuals we serve, we have learned important lessons that have helped us establish the foundation for a strong and successful year ahead.

On behalf of our committed Board, staff, volunteers, community partners, and above all, our group participants, I am grateful for the integral role you played in helping CBC to support thousands of people as we ensure that no one grieves alone. We thank you!

With immense gratitude,

**Debra Albo-Steiger, LCSW | CEO**  
Children's Bereavement Center | Lift From Loss

## 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.





# 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 provided 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 and Spanish**.



## By the Numbers

**1,919** individuals attended groups in 2025

**3,353** instances of participants attending groups

## Participant Data

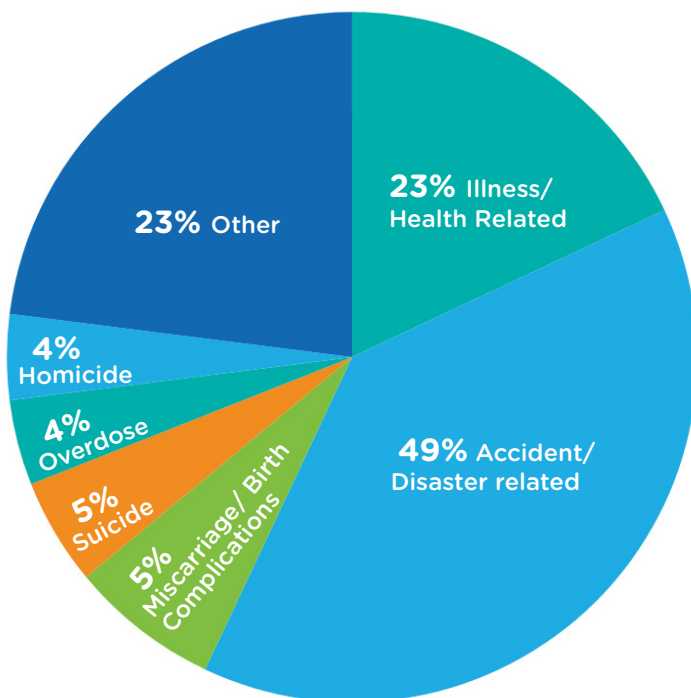


**98% of group participants** reported that CBC services are beneficial.

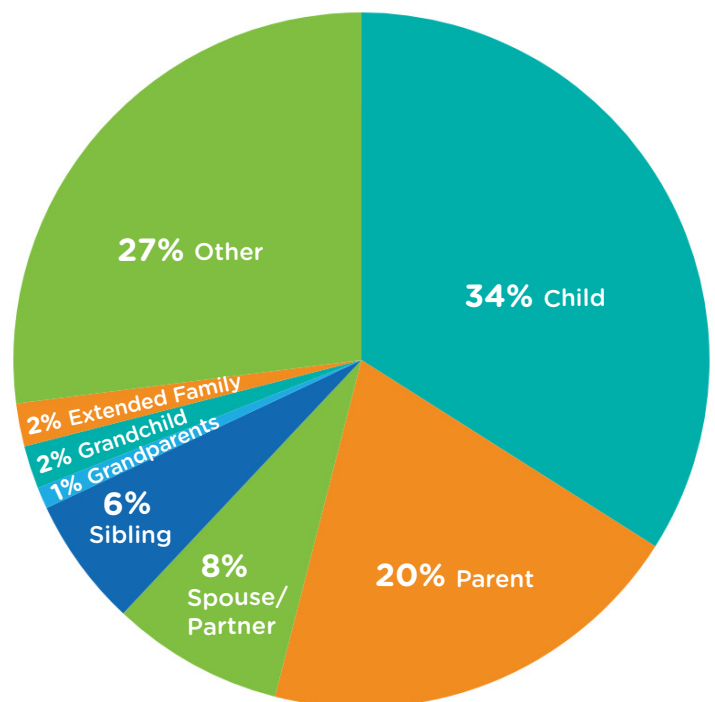
**98% of group participants** reported that they would recommend CBC to a family member or friend.

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.

### Cause of Death of the Deceased



### Participants' Relationships to the Deceased



# OUR IMPACT

“ My experience has been very helpful and powerful in my grief journey. The facilitators are absolutely wonderful. They provide a safe space. One that makes me feel completely comfortable and open with my feelings. I am grateful for this support group. ”  
- CBC Participant

“ My 10-year-old daughter has been attending group for approximately one year. It was provided a space where she feels less alone in her grief and is able to learn healthy ways to cope. The group has been an invaluable resource for her. We are so grateful. ”  
- CBC Participant

“ I am so very grateful for CBC. I look forward to each session. The sheer support allows me to talk, think, and process my grief. Unfortunately, everyone in the group has suffered a loss of a loved one. At the same time, I appreciate everyone being able to relate. This group is everything to me. ”  
- CBC Participant

“ CBC has been a great resource and help during a very difficult time. Being able to go online and talk about my experience and listen to others about their losses and challenges has made me feel more at ease and more at peace about my own grief process. ”  
- CBC Participant

“ Aprendi que en este grupo hay independencia en nuestro dolor, pero que también existe una interdependencia, una conexión con los demás y esta es la que da esperanza, alegría y significado a lo que sentimos. ”  
- Participante de CBC



SCAN TO HEAR FROM OUR CBC GROUP PARTICIPANTS

## 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 7 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

**94** presentations, panels, and tabling events in the community to increase awareness of grief support resources

**4** Connect and Remember Together events hosted across South Florida, engaging 205 participants in meaningful art and music therapy activities. These events raised awareness and helped reduce barriers to accessing our free grief support programs.

**87** individuals engaged in meaningful dialogue and connection through our “Conversations with CBC” series focused on topics intersecting with loss, grief, and self-care.

**14,071** community members served across South Florida through community outreach programming that built grief awareness.

### PARTNER SPOTLIGHT



**CANINE  
ASSISTED  
THERAPY** INC.



### Canine Assisted Therapy

Children’s Bereavement Center partnered with the C.A.T. Team throughout the program year, including support at Connect & Remember events across Palm Beach County to South Dade. Canine Assisted Therapy (C.A.T.) brings certified therapy dog teams to provide comfort and emotional support across South Florida. Through this partnership, therapy dogs helped create calming, supportive moments for children, teens, and adults navigating grief and loss.

# COMMUNITY

## CBC in the Community

Through our community-based programming and outreach 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 and families engage in therapeutic activities centered around self-awareness, empathy, positive peer relationships, and positive coping skills following the loss of their loved ones and other significant people in their lives.

## 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 continued its partnership with Arts4Learning to offer psychoeducational workshops for Miami-Dade County Public Schools (M-DCPS) afterschool program. CBC also presented to and participated in several mental health fairs and resource expos at schools, including Boca School for Autism, Holy Family Catholic School, MAST Academy, North Miami Senior High School, Miami Beach Senior High School, and Fort Lauderdale High School.

## CBC in the Faith-Based Community

CBC partnered with churches and synagogues across South Florida, as well as community centers, including the Sant La Haitian Neighborhood Center, the Miami Beach Jewish Community Center, and the Greater Miami Jewish Federation. CBC continued its “Extended Shiva Project” and grief support programming through partnerships with Aventura Turnberry Jewish Center, Temple Sinai, Beth Torah, and Temple Judea. We have been collaborating with the Archdiocese of Miami and the Office of Catholic Schools offering resources, training and presented to the Bereavement and Compassion Ministry members.

## CBC is now a provider in the Children’s Village at Lotus Village

In November 2025, CBC joined 14 other organizations at the Children’s Village at Lotus House in Overtown, to support the community. Together, we are building a network that addresses the educational, mental, emotional, and basic needs of children and families in the community. Through this collective impact model, CBC provides on-site grief support groups, outreach services, training, and psychoeducational programming for children, teens, adults, and families residing in Miami-Dade County’s highest-need communities.



**Children's Village**  
at Lotus Village

# GRIEF-INFORMED TRAINING



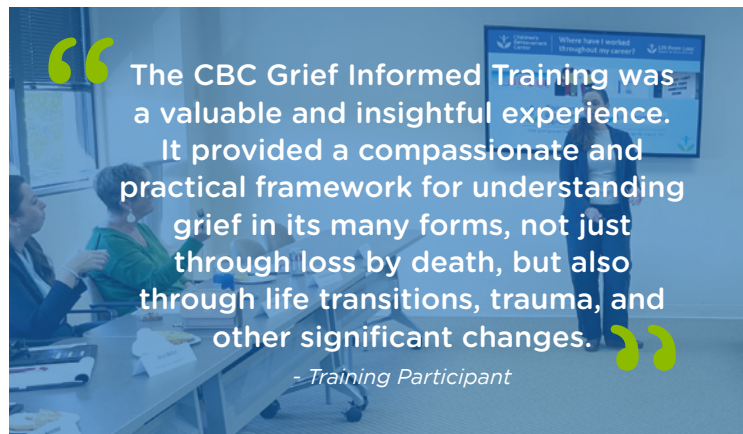
CBC offers grief-informed training, tailored education, and consultation services for health care agencies, schools, and nonprofit organizations. Our programs address the unique ways grief manifests across different stages of life and provide practical approaches to compassionate, effective grief support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

## By the Numbers

**239** community and school-based professionals completed CBC's Grief-Informed Training, an increase from the past programming year, with top number of registrations from The School District of Palm Beach County, Miami-Dade County Public Schools, Barry University, University of Miami, and Family Therapy Group of Weston.

**93%** 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.

**121** 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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## COMPLETED BOARD SERVICE, JUNE 30, 2025



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We are thankful for our Board members' service and dedication to CBC!

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**Children's Bereavement Center (CBC) is thankful for the generous support of our donors whose cumulative financial contributions totaled to \$1,000 or more between January 1, 2025 and December 31, 2025.**

# FINANCIALS



**\$1.56**  
million raised



We've earned our Platinum Seal of Transparency!



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



**47%** Grants



**23%** Events



**18%** Individuals, Corporations, and Family Foundations



**1%** Program Income



**4%** Investment Income



**7%** In-Kind



## WAYS TO GET INVOLVED

To become a  
CBC Supporter, visit

[CBCGiving.org](https://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!



## THANK YOU!



Children's Bereavement Center  
Lift From Loss For Adults

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[liftfromloss.org](https://liftfromloss.org) | 888.988.5438

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