

IMPACT REPORT

2023



GRIEF SUPPORT FOR ALL



A MESSAGE FROM OUR CEO

Dear Community,

For over 24 years, Children's Bereavement Center (CBC) and our Lift from Loss adult programming has stood as South Florida's leading, research-based bereavement center. As we reflect on the past year at CBC, I am filled with immense gratitude and pride. Our dedicated Board of Directors, staff, donors, volunteers, and compassionate community partners have worked tirelessly to expand our program offerings to support more individuals than ever before. This annual report not only highlights our collective achievements, but also stands as a testament to our mission to ensure no one grieves alone.

A handwritten signature in blue ink that reads "Debra Albo-Steiger". The signature is fluid and cursive.

Debra Albo-Steiger, LCSW

CEO

Children's Bereavement Center | Lift from Loss



ABOUT CHILDREN'S BEREAVEMENT CENTER

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.

PROGRAMS AND ACHIEVEMENTS

PEER GRIEF SUPPORT GROUPS

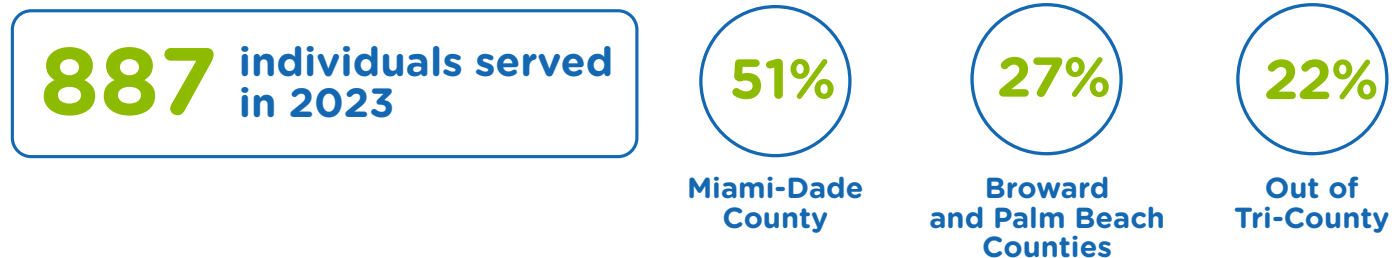
About CBC Groups

CBC provides **free-of-cost, 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 loved one.

 **1 IN 11 CHILDREN** in Florida will experience the death of a parent or sibling by age 18

 **HIGHER RISK** After a significant loss, individuals face a **29%** heightened risk of heart disease, **32%** risk of stroke, depression, anxiety, PTSD, and inhibited grief (U.S. Surgeon General)

By the Numbers



Group Participant Demographics

36% Caucasian **25%** African American **9%** Other
28% Hispanic/Latino **2%** Multi-racial

New Dedicated Groups Launched

CHILD LOSS GROUP FOR PARENTS & CAREGIVERS who have lost a child of any age.
SPANISH-LANGUAGE PERINATAL & INFANT LOSS GROUP for mothers, fathers and couples who have lost a child before birth or during infancy.



“ Being able to come to a group has allowed me to express joy and sadness. It gives me an opportunity to celebrate one another and you find yourself rooting for other people and their healing. ”



“ This has been a great way for me to cope with my loss. I love how open and honest everyone is. The facilitators are amazing and understanding. ”



“ This has been a very beneficial experience. I can't quite say that I look forward to meeting because of the pain involved, but I feel very supported and strengthened through sharing with others who truly understand what I'm experiencing. I am also hoping that people who suffer the loss of a child reach out, because it helps a great deal. ”

PROGRAMS AND ACHIEVEMENTS



Community Outreach

Through community outreach, CBC establishes relationships with faith-based organizations, schools, medical providers, non-profits, and others to discuss the impact of loss and grief and how to link families to our free programs. Our outreach coordinators facilitate weekly presentations to community organizations and hands-on activities to community members across South Florida, including South Florida's highest-need communities, to reduce barriers to access services for children, teens, adults, and families in need of grief support.



Outreach By the Numbers

113 presentations facilitated.

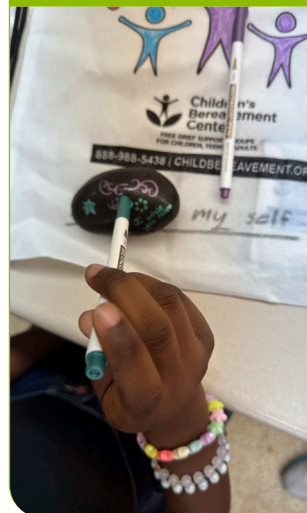
32 strategic alliances fostered with key community organizations, solidifying our partnerships through formal agreements to enhance collaborative impact.

4 “Connect and Remember Together” community events hosted throughout South Florida, engaging **150** participants. These events raised awareness and helped lower barriers to accessing our free programs.

328 individuals engaged in meaningful dialogue and connection through our “Conversations with CBC” series.

10,000 + connections with community members across South Florida.

PARTNER SPOTLIGHT



Overtown Youth Center

CBC partnered with Overtown Youth Center to deliver “Super Saturdays” programming to approximately 100 children on May 6th and May 20th.

PROGRAMS AND ACHIEVEMENTS

GRIEF-INFORMED TRAINING

CBC provides grief-informed training, customized education, and consultation services for professionals at hospitals, hospices, healthcare agencies, and schools. Our trainings address the unique ways that grief can be experienced across one's lifespan as well as practical strategies for providing compassionate and effective grief support across diverse multicultural spectrums both individually and within a community-based organization.

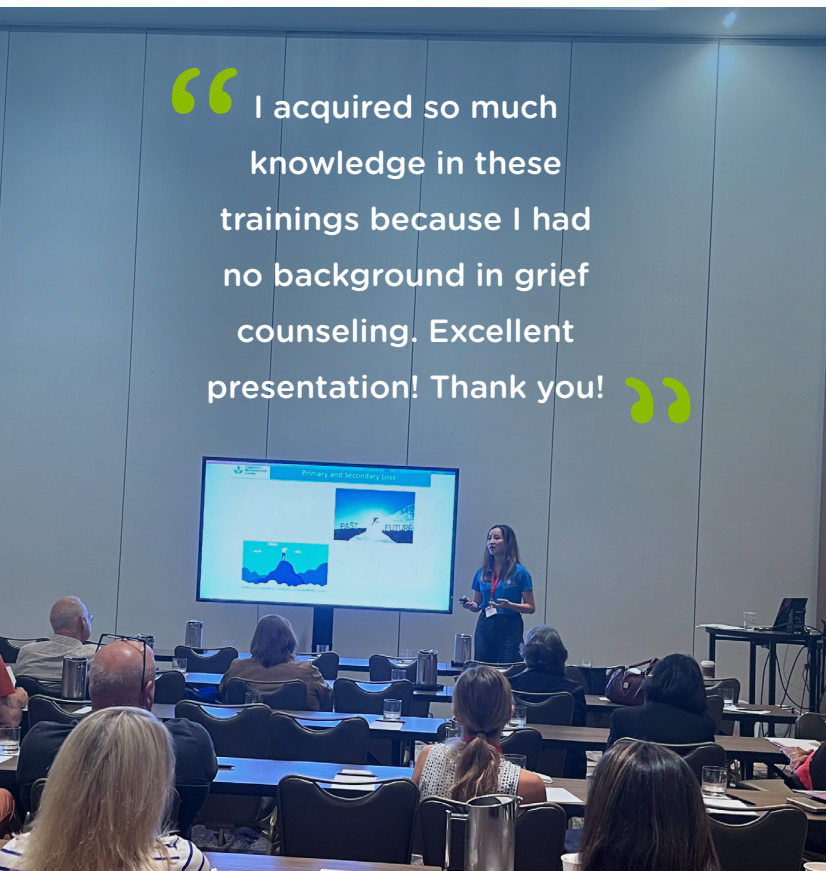
By the Numbers



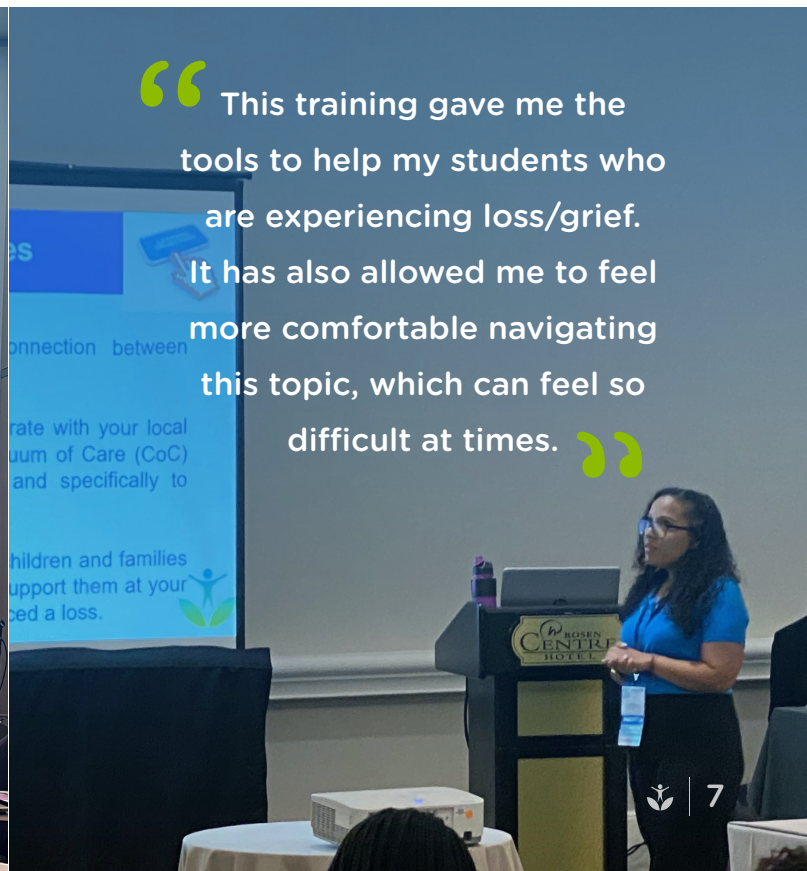
534 community partners trained including Miami-Dade County Public Schools and Palm Beach Public Schools behavioral health staff and counselors.

478 individuals served through CBC's "Lunch and Learn" grief education forums for professionals. These programs are hosted by renowned expert speakers and focus on high-need areas of South Florida, to reach and support grieving children, teens, adults, and families who are often overlooked when it comes to grief care.

“ I acquired so much knowledge in these trainings because I had no background in grief counseling. Excellent presentation! Thank you! ”



“ This training gave me the tools to help my students who are experiencing loss/grief. It has also allowed me to feel more comfortable navigating this topic, which can feel so difficult at times. ”



FINANCIALS



\$1.45
million raised

50% 
INCREASE

in event
revenue
compared
to 2022



42% Grants



37% Events



10% Individuals, Corporations,
and Family Foundations



8% Program Income



2% Investment Income



2% In-Kind



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2022-2023

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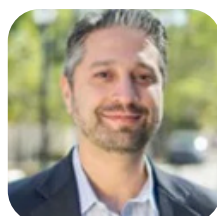
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[CBCGiving.org](https://www.CBCGiving.org)

Children's Bereavement Center is thankful for its donors, volunteers, training partners, and community partners. This impact report acknowledges the financial contributions, including CBC Grief-Informed Training registrations, of our supporters whose cumulative financial contributions total to \$1,000 or more between January 1 - December 31, 2023.



WAYS TO GET INVOLVED



VOLUNTEER/COMMUNITY SERVICE HOURS

Join us at our events and help us as we reach more grieving families.



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 greving children, teens, and adults with peer group support groups, referrals, and resources completely FREE.



VISIT OUR WEBSITE

Learn more about us! childbereavement.org.



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

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