



# NB COPES

## CHILD & FAMILY GRIEF CENTRE

# WINTER 2023 NEWSLETTER

WWW.NBCOPES.COM

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### MESSAGE FROM THE PRESIDENT

*Pam Pastirik*

Dear supporters, donors, volunteers, staff, families and friends of NB COPES:

We are excited about the growth of our organization and our ability to reach more children and their families in New Brunswick! With increased referrals and partnerships from across the province, we are seeing our programs fill to capacity with waiting lists. The need for mental health support remains urgent for the children and families affected by grief and loss. The feedback from our new youth retreat programs has been outstanding and we look forward to a new family retreat program that will support families experiencing loss by suicide. Knowing that we are making a difference really fuels our work. Our outstanding team of therapists and volunteers continues to grow. We embrace the “nothing about us without us” philosophy so that those with lived experience of loss contribute to all aspects of our programs. We are grateful for the opportunity to bring education, support and compassion to those in the darkest of times.



*With Light and Love from Pam & the NB COPES Team!*

# WELCOME NEW BOARD MEMBERS AND STAFF!



It is with gratitude that we welcome three new Board Members:

*Paul Pastirik*

is the SVP Strategic Development at Bird Construction with an extensive background in both energy boards and non-profit sectors.



*Dr. Sarah Gander*

has a busy clinical practice in the newly opened Community Social Pediatrics clinic and is faculty at both Dalhousie University and Memorial University of Newfoundland.



*Dr. Wendy Stewart*

is a Pediatric Neurologist, with experience providing grief support programming for children and is interested in the effects of Art/Music on mental health.



**THANK YOU FOR THE CONTINUED SUPPORT OF OUR OTHER BOARD MEMBERS**

Pam Pastirik (President)  
Diana Dupont (Vice President)  
Dr. Rob Moir (Treasurer) and  
Jaclyn Baleman (Director/Secretary)

## SUPPORT STAFF

Another amazing addition to our team is our administrative lead, Colette Keith. She brings a wealth of experience in office management and is the “glue” that holds our organization together. She is the person that helps families navigate our available programs.



# PROGRAM UPDATES



## 2022 Family Grief Retreat

Families, volunteers and staff gathered at Snider Mountain Ranch (outside Sussex, NB) on a beautiful sunny Labour Day long weekend.



September 1st to 4th, 2022

**2023**  
**Family Retreat**  
at Snider Mountain Ranch  
is scheduled for  
Thursday 31-Aug-2023  
to  
Sunday 03-Sep-2023

### Quiet Reflection

we had the opportunity to reflect and share loss



NB COPES staff and volunteers



### Memory Service

on Saturday evening, we gathered to remember loved ones

# PROGRAM UPDATES



## Camp COPES for youth a great success!



Due to the generous support of the Greater Saint John Community Foundation and the Fredericton Community Foundation, we provided two youth retreats in the Fall of 2022 with another two planned for Winter 2023.

These retreats have been well attended and the feedback outstanding.

Check out the impact of our retreats on these three creative youth!



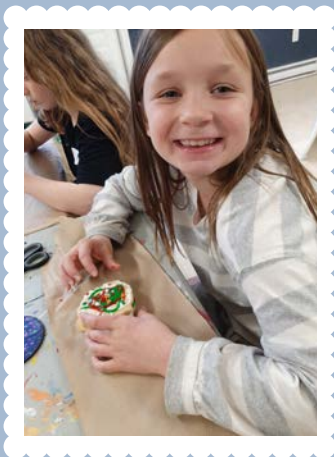
# PROGRAM UPDATES



## Family Connection Day 03-December-2022



Over 50 family members, NB COPES staff and volunteers gathered for a chance to connect with other families with a focus on coping with loss over the holiday season. There was art, music, recreation and a turkey dinner!



# PROGRAM UPDATES



## Infant & Pregnancy Loss Group

Our Infant and Pregnancy Loss Group continues outreach in both virtual and in-person formats.

We held an event on 15-Oct-2022 to mark the Infant and Pregnancy Loss Day of Remembrance



A 1-day Workshop

*Healing Through Wellness*

is scheduled for 15-April-2023.



# STATISTICS



2022-2023

## FAMILY GRIEF RETREAT

September 1st-4th, 2022

9 families attended

19 volunteers attended

## YOUTH GRIEF RETREAT

November 11th-13th, 2022

8 Youth (ages 13-18) attended  
1 Peer Mentor attended

5 volunteers attended

## YOUTH GRIEF RETREAT

November 18th-20th, 2022

6 Youth (ages 13-18) attended  
3 Peer Mentors attended

5 volunteers attended

## FAMILY CONNECTION DAY

December 3rd, 2022

38 people representing  
11 families attended  
11 volunteers attended

## HEALING HeARTS

proposed late winter/  
early spring 2023

13 children (ages 6-12)  
have expressed an  
interest in attending

## 2 RESEARCH PUBLICATIONS

(Project collaboration with UNB)

Law, M., Pastirik, P. & Shamputa, C. (2023) Expressive arts for grieving youth: a pilot project. Integrative and Complementary Medicine, Volume 8(1). <https://www.lidsen.com/journals/icm/icm-08-01-09/obm.icm.2301009.pdf>

Law, M., Pastirik, P. & Shamputa, C. (2022) Expressive art therapy with vulnerable youth: loss, grief and social isolation, Journal of Loss and Trauma, 27:6, 588-591, DOI: 10.1080/15325024.2021.1974720

# THANK YOU



## our Sponsors



NB COPES

# Thank you!

to our sponsors for their generous financial assistance



SAINT JOHN LNG



Brenan's  
FUNERAL HOME & CREMATORIUM



Castle Fallsview  
FUNERAL HOME



Kennebecasis  
COMMUNITY FUNERAL HOME

THE BRENNAN GROUP OF FUNERAL HOMES



JOHN T. McMILLAN JR.  
MEMORIAL FOUNDATION

## FAMILY GRIEF RETREAT SPONSORS

### MAJOR SPONSORS INCLUDE



New Brunswick Children's Foundation



THE COMMUNITY FOUNDATION  
building a greater saint john



Saint John Suicide Prevention Committee



*Sisters of Charity*  
of the Immaculate Conception



Frederickton COMMUNITY FOUNDATION  
For Good • Forever



Maintenant... et pour toujours  
LA FONDATION COMMUNAUTAIRE  
de Frederickton



The Children's Grief Foundation of Canada



# THANK YOU



## our Volunteers



Our Volunteers are skilled people with lived experience of loss. They are motivated by love and compassion for those travelling a similar journey.



# THANK YOU



## what people are saying

**NB COPES**

*In the words of our participants, NB COPES is...*

- Community
- Connection
- Creativity
- Family
- Fun
- Feeling Safe
- Feeling Connected
- Feeling Compassion and Understanding
- Learning and growing
- Self care
- Mindfulness
- Music
- Art
- Horses
- Empathy
- Resilience
- Teamwork
- Joy
- Love
- Gratitude
- Hope

% of people who would return and/or recommend to others is **100%**!

We are a community of creativity and support.

