

Message from the President, Pam Pastirik

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

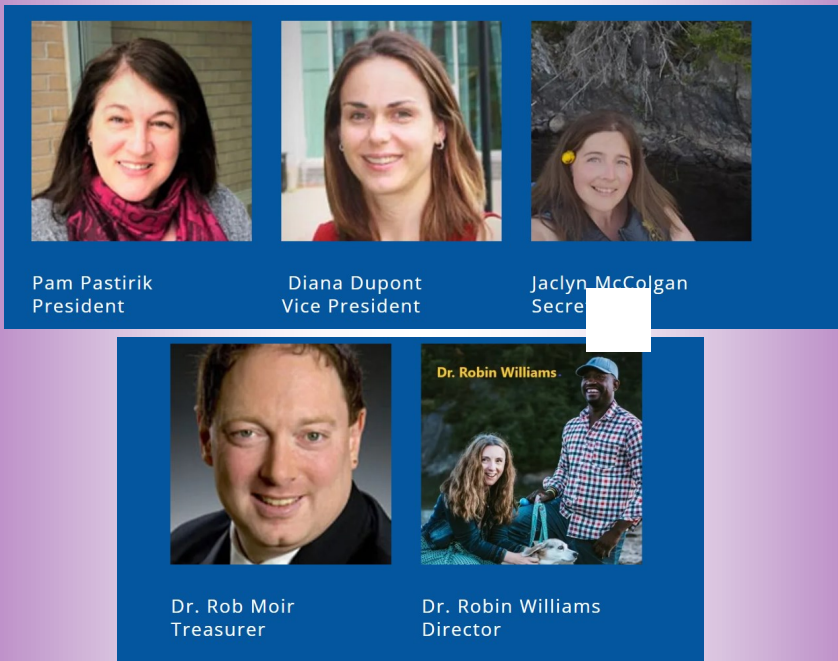
It is hard to believe that in two short years we have achieved charity status and are building greater capacity for grief support services in our province. It has been a very busy year developing and delivering much-needed programs for children, youth and parents grieving the loss of an infant, pregnancy, child or parent. NB COPES is built on a foundation of compassion, creativity, inclusivity and excellence to ensure that no one feels alone in their grief process. Our holistic approach honours that while grief is a unique experience for each person, there is strength in connecting with others who are on a similar journey. Through the skilled support of our team of therapists, volunteers and peer mentors we provide evidence-informed approaches in compassionate, creative and safe spaces. We are proud of our progress and look forward to helping more families!



With Light and Love Pam & the NB COPES Team!

Charity Status Achieved!

With the hard work of our board and our many supporters, we achieved charity status in January, 2022. This important milestone supports the importance of our work and provides substantially more funding opportunities to support increased development and capacity of our charity. Thank you to past board member Shirley Albert for helping us with the business side of our organization!



Funding Received to Support New Infant & Pregnancy Loss Program and Camp Copes for Youth

Thanks to the support of our generous donors at the Greater Saint John Community Foundation, we received significant funding to allow our organization to expand the Infant Pregnancy Loss Program and our Youth Support Program in the Greater Saint John area. This funding will allow us to develop much-needed programs in our community. Our first Infant and Pregnancy Loss program is at capacity with a waiting list and our first weekend overnight youth retreat will commence October, 2022.





NB COPES in the NEWS!

NEWS

Grief support group achieves charity status



CBC/CA
Saint John support group offers a haven for survivors of infant and pregnancy loss | CBC News

Links to Articles:

<https://tj.news/greater-saint-john/101834749>

<https://tj.news/telegraph-journal/101842953>

<https://www.cbc.ca/news/canada/new-brunswick/saint-john-pregnancy-fertility-miscarriage-1.6408203>

Youth Retreat a Great Success!

We had an amazing weekend of connection, education and support at our first youth weekend retreat at Snider Mountain, February 11-13, 2022! We are grateful for our partnership with Snider Mountain Ranch who make this experience memorable for the youth. The feedback can be summed up in one sentence, "Do we have to go home..." Our therapy team and peer mentors create a safe and welcoming space that teens love! Thank you to the Sisters of Charity of the Immaculate Conception for supporting this inaugural event.



First Family Retreat Offers an Experience of Connection, Hope & Healing

Thank you to the wonderful team of therapists, peer mentors, and volunteers for offering 7 families an experience of connection, education and support. We are overwhelmed with the positive feedback from the children, youth and parents that attended. We are pleased to announce that we have 7 families registered for the 2nd annual family retreat September 1-4th, 2022 at Snider Mountain Ranch!

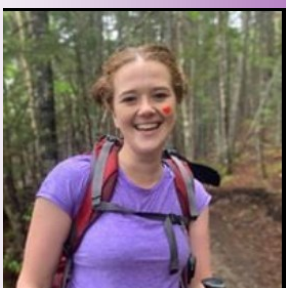
Thank you to our Major Sponsors for our 2021 family retreat!





Thanks to our Outstanding Volunteers!

Our charity is only possible because of the hundreds of hours of volunteer work. At present we do not have a paid staff so all of fundraising and grants go directly to developing and implementing the programs that we offer. At present, we have 30 regular volunteers that contribute to our child, youth, parent and family support groups and retreats. These are professionals, peer mentors and volunteers who give of their time and their talents to help grieving children and families.



Looking Forward to Educating Future Professionals!

We are excited to welcome another SEED Student this summer who will provide support for our family retreat program! We will also welcome Graduate Students in Music Therapy, Art Therapy and Counselling. We are proud to mentor new professionals in our NB COPES grief support model. We are grateful for leadership from Susan Steels MSW RSW, Dr. Helen Massfeller PhD and Dominique Piquard MA, MTA who are supporting and educating mental health professionals who are grief informed

Need Support? Connect with Us!

Infant & Pregnancy Loss Support Group (Saint John, Creative Connections)

Healing HeARTS for Children Program 6-12 years of age (Saint John Boys & Girls Club)

Family Retreat (September 1-4th, 2022) Snider Mountain Ranch

Youth Retreat 13-18 years of age (October, 2022)

Online and Outreach Education for professionals and community members

Message us at connectnbcopes@gmail.com for more information!

Help us Help More Families!

Registered Charity #736550070RR0001

Online:

<https://www.canadahelps.org/en/charities/nb-copes-ltd/>

Etransfer: connectnbcopes@gmail.com

Cheque/Mail: 29 Leeward Lane Saint John NB E2K 5P7

*All donations over \$20.00 will be provided with an official tax receipt!

